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MALAYSIA'S NO.1 MEN'S LIFESTYLE MAGAZINE

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GET A BATTLE-READY BODY!

SCULPT HEAD TO TOE MUSCLE LIKE UFC CHAMPION CHRIS WEIDMAN P70

5 EASY WAYS TO UPGRADE YOUR GROOMING

P49

ACE YOUR FIRST DATE

TIPS FROM THE EXPERTS: REAL WOMEN

P34

17 SUPER FOODS YOU NEED TO EAT NOW P82

ARE YOU LOSING YOUR LIBIDO?

3 TESTOSTERONE-BOOSTING SECRETS REVEALED P86

WIN A TRIP TO GOA

PLUS: MORE THAN RM24,000 WORTH OF PRIZES! P108

TOP GIFTS FOR THE HOLIDAY SEASON

P76

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COVER STORIES

12.15

34
FIRST-DATE ADVICE
Six tweaks to make to impress the ladies.

49
GROOMING UPGRADES
Five simple ways you can boost your looks.

52
THE WORLD'S STRONGEST MAN
Gym advice from a guy who lifts three times his body weight.

70
CHRIS WEIDMAN
Build stronger endurance levels with the undefeated UFC champion's gruelling workout routine.

76
TOP GIFTS FOR CHRISTMAS
Your wish-list for Santa, sorted. Plus, experts teach you how to win the holiday season.

82
SUPER-FOODS
Eat more of these 17 foods, feel more super.

86
LOSING YOUR LIBIDO?
Don't worry: Your testosterone levels can increase again naturally. If you put in the work, that is.

108
THE GREAT HOLIDAY GIVEAWAY
Win a trip to Goa and more than RM24,000 worth of prizes!

Men's H



I.N.O.X.

[FORGED TO RESIST]

The I.N.O.X. has no limitations beyond those we impose on it. Versatile styling makes it the ideal companion for each and every moment in life. Three hands and a date display: its utter simplicity points to its sheer complexity, striking the perfect balance. Sturdy without being clunky, its timelessness defies any programmed obsolescence. Here, obsessive perfection is aligned with record-breaking performance. I.N.O.X.'s instant success has already confirmed it as a watch with all the characteristics of a future icon.

Its perfection is the result of innumerable aesthetic and technical details combined. I.N.O.X. perfectly embodies the challenge that Victorinox Swiss Army set itself to find technical solutions to 130 different constraints. The watch withstood all 130 resistance tests successfully. Our engineers have calibrated every detail of this watch to the nearest micron, and the result is a high-quality, functional and timeless product. This year, after 2 years of research and development, we launched a stainless steel bracelet that is just as outstanding as the case, and just as able to withstand the same 130 tests.

Ingenious construction and very carefully considered aesthetics give this bracelet its distinctive quality and functionality. Up to 500,000 vibration cycles won't damage it—that's 10 times more than a standard bracelet can withstand. It also features mechanical tolerance to a 10-meter fall on a concrete surface and to a constant hydraulic pressure of 8 tons, which we illustrated by driving a 64-ton tank over it! The styling of the bezel is echoed by the beveled and polished intersections of the scratch-resistant brushed-steel H-links of the bracelet, which add to its sturdiness and give the watch a sporty look. Using internally mastered industrial processes, Victorinox has also developed a clasp to complete this surprisingly affordable top-of-the-range bracelet. The versatile, multi-functional ethos of Victorinox is also expressed by the bumper delivered with each watch.

Perfectly in tune with the fundamental attributes of Victorinox style—resistance, timelessness, reliability, versatility and functionality—the I.N.O.X. Steel fulfils the primary objective of design: a high-quality object that's affordable, appeals to as many people as possible, and useful in every circumstance. As the epitome of design, it pushes back boundaries and sets new standards.



MAKERS OF THE ORIGINAL SWISS ARMY KNIFE | VICTORINOX.COM

Men'sHealth



HEALTH
16
STOP THE STINK
If your toes are toxic, it's time for a soak in vinegar.

62
F THE BIG C
Fend off the six main types of cancer without needing new-age remedies.

NUTRITION
60
MAN MEATS GRILL
The secret to better beef: baste.

20
GO NUTS
Add almonds to your plate to avoid heart disease.

FITNESS
22
THE KING OF EXERCISES
Do rear-foot-elevated split squats for increased strength, speed and agility

STYLE
92
ATTIRE FOR THE OCCASION
Our stylist's advice on how to dress-up with the right get-up.

100
PERFECT TIMING
The best looks for your wrist.

WOMEN & SEX
58
THE DRYING AMMUNITION
Everything you need to know about falling sperm counts.

30
TASHA SHILLA
The stunning actress spills the beans on what girls wish you knew.



ON THE COVER
CHRIS WEIDMAN
PHOTOGRAPH
NATHANIEL WELCH

The reporting in Men's Health is meant to increase your knowledge of current developments in health. Because everyone is different, the ideas expressed by researchers cannot be used to diagnose or treat individual health problems. A doctor can best guide you.

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Mongoose Publishing Sdn Bhd (580051-K)
Level 36, Menara Ambank
8 Jalan Yap Kwan Seng,
50450 Kuala Lumpur, Malaysia
www.mens-health.com.my

All Enquiries
Tel 03 2166 6650 Fax 03 2166 6651

Editorial editor@mens-health.com.my
Editor Eugene Phua
Features Editor Anis Taufik
Staff Photographer Hizwan Hamid
Contributing Writers George Lee, Qhalis Najmi, Steve Thomas
Contributing Sub-editor Nick Choo
Contributing Photographers and Stylists Damien Khoo, Jayen Chow, Joey Yap, Kah Mun, KF Bong, Marcus Wong, Soon Lau,

Art production@mongooseasia.com
Associate Art Director Elynn Hah
Production Executive Nor Faridah Mustafa

Website www.mens-health.com.my
Group Digital Editor Lim Chee Wah
Web Editorial Assistant June See
Web Manager Elana Chee Mei Ling
Digital Marketing Manager Averell Leiking
Web Developer Wan Nadzirah Bt. Zulkhefli
Web Designer Amir Shahrir Bin Amiruddin
Senior Web Designer Vincent Chua

Marketing & Communications marketing@mongooseasia.com
Head of Marketing & Comms. Thanabalasingam Balakrishnan
Marketing Executive Kyren Thomas

Events events@mongooseasia.com
Head of Events Amee Halim-Illiya
Assistant Manager, Events Alyssa Nazaleq

Advertising advertising@mens-health.com.my
Account Director Abill Zackry
Senior Account Executive Alford Tan, Rose Marie Bague

Operations accounts@mongooseasia.com
Head Of Operations Camy Yee
Senior Accounts Executive Zuraiha Zahid
Junior Accounts Executive Siti Fazillah Yunus
Accounts Assistant Norshakila Abdullah
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HR Manager Badrulzaman Satibi
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Management www.mongooseasia.com
Group CEO Graham Paling
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Production
BHS Book Printing Sdn. Bhd.
Lot 17-22 & 17-23, Jalan Satu,
Bersatu Industrial Park, Cheras Jaya, Balakong
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Show and Tell

A big part of what I do for a living involves asking questions, so I'll start with one for you:

Why should you listen to anything I *tell* you?

The answer is simple, really. You don't.

But my personal mission is that you'll believe in what I, my teammates and this magazine *show* you.

Notice the slight but significant difference?

We live in a world where talk is cheap, where the words and images we bandy about are seemingly worth millions yet hold vacuous value. Every day, there's a new person of interest who flouts influence yet can't produce any shred of credibility. Throngs of followers flock to the latest fad yet never question their own mob mentality. Babbling is passed as philosophy at the speed of light yet never once patiently processed or carefully fact-checked.

Call it a quixotic mission if you will, but I will have none of that. I would be doing myself, the team, the magazine and, most importantly, *you* a disservice if I did not and do not hold all of this accountable to the supreme standards established by the founders of this magazine, as well as of journalism itself.

You see, I studied my craft at the Missouri School of Journalism (shameless name drop!), and their credo states that the reader (that's you!) is of paramount priority, and that the method (this magazine!) in which we engage, enrich and/or entertain them is of penultimate importance. Uncannily, that isn't very far from the tenets Rodale enshrined when they started *Men's Health* magazine 27 years ago. Through in-depth reporting, we give you the tools to have greater control of every aspect of your life, from fitness to nutrition, fashion to skincare, culture to sex. It's not our right to tell you anything, but it's our privilege to show you everything – via researched facts, expert opinions, witty writing and arresting visuals – you need so that you can live your best life possible.

In other words, service journalism, the very lifeblood of *Men's Health* magazines all over the world, is centred on serving *you*.

So I'm honoured that you come to us as your definitive source of comprehensive information for and about men. For 12 years, *Men's Health Malaysia* has been devoted to enhancing and augmenting the life and times of the Malaysian man, and I genuinely mean it when I say that I appreciate your continued trust and support.

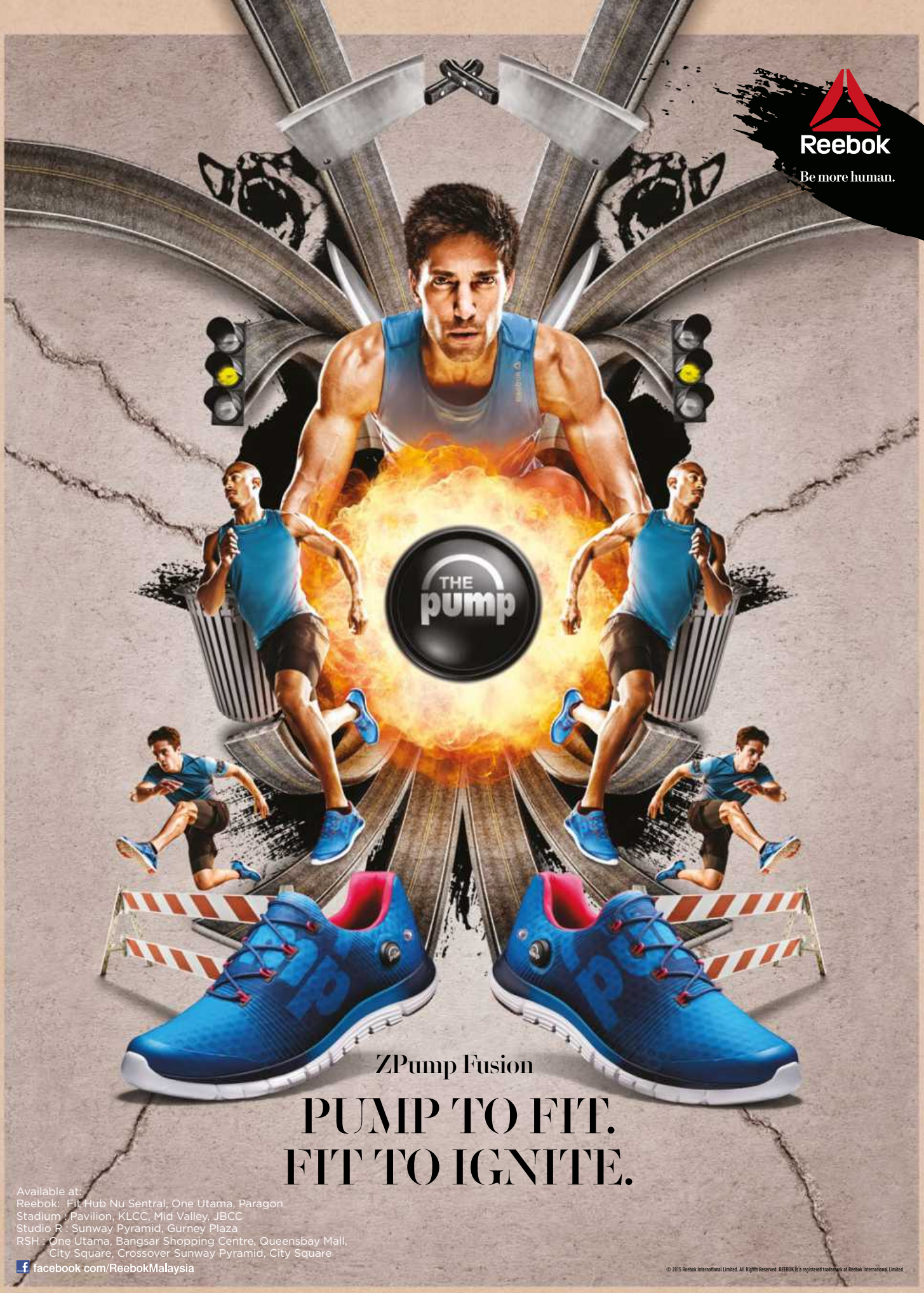
As one year ends, another begins; and as one era ends – fare thee well, former editor John – so does mine begin. I'm excited at all of the opportunities in store for both you and me, regardless of whatever may come our way over yonder. Because I believe that we can indeed do, be and live our best.

So why not let *Men's Health* show you how?

Eugene Phua
Editor

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Ask MH™

LIFE'S QUESTIONS, ANSWERED



Don't take a number—or yours could be up

Is it safe to eat smoked deli meats like pastrami?

– ROBERT

You're worried that where there's smoked there's fire. Studies linking smoked meats to stomach cancer have been inconsistent and conducted in countries where the diets aren't comparable, says Christian Abnet, Ph.D., M.P.H., of the National Cancer Institute in America. Still, other dangers inhabit the deli: Most processed meats have a surfeit of salt (half a pound of pastrami contains the entire RDA of sodium for an adult), which may ramp up blood pressure, suggests a 2015 *Journal of Hypertension* study. And scientists in Switzerland found that people who ate 50 grams of processed meat daily were 30 percent more likely to develop colorectal cancer than those who ate less. *MH* nutrition advisor Mike Roussell, Ph.D., says a serving or two a week is okay, but stop stacking up your sandwiches.

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Ask MH™



I feel extremely uncomfortable when people cry in front of me.

– JAMES

You're not a wuss—you're just culturally conditioned. Seeing someone cry makes many men uneasy because tears signal vulnerability, a feeling that guys have been taught to avoid, explains Randy Cornelius, Ph.D., a professor of psychology at Vassar College who studies the science of human emotions. The other person's tears may even act as an "emotional contagion" and cause you to mist up too. So your reaction is normal – though it may not be desirable, depending on who's doing the crying and why. Weeping wife? Blubbering buddy? You'll need to lend an ear. If you have trouble suppressing your squirming, just tell yourself that turning on the waterworks can actually make a person stronger. In a study from Indiana University, college football players who felt comfortable with crying had a mental edge both on and off the field: They had higher levels of self-esteem than teammates who bottled up their emotions.



How do I stop my feet from stinking?

– RYAN

A bacterial buildup is probably afoot. Your feet sweat more than most other body parts, says Tracey Vlahovic, D.P.M., an associate professor of podiatry at Temple University School of Podiatric Medicine. And when you combine wet dogs with hot socks, you have the perfect petri dish for microbes to multiply. To kill them, Dr. Vlahovic says to mix 3 to 4 tablespoons of cider vinegar in a half gallon of warm water and soak your feet for 10 minutes at least three times a week until the stench dissipates. Then swap your cotton socks for more breathable polyester or nylon blends and sprinkle baking soda in your shoes to neutralise odour and absorb moisture. Together with the vinegar-water soak, these two steps should stop the stink cycle, Dr. Vlahovic says. But if your feet still reek? Walk them into a doctor's office; you may be prescribed an antibiotic foot cream with bacteria-fighting benzoyl peroxide and clindamycin, such as Duac gel.



Sometimes, exercising makes me itchy. What's going on?

– TIMOTHY

Unless you've been doing pushups in poison ivy, we're betting on the simplest explanation. Working out causes your blood vessels to dilate, bringing a rush of blood to your skin, says Anatoli Freiman, M.D., D.A.B.D., medical director of the Toronto Dermatology Centre. Sometimes, especially after a hiatus from the gym, your brain may misinterpret that increased bloodflow as an allergic reaction and send out itch-inducing histamines to fight it. Short-term, you can pop a non-drowsy antihistamine roughly 30 minutes before each of your next few training sessions. But if you're still scratching when you stop taking the meds, a too-tight workout wardrobe might be the culprit. Friction can trigger a histamine release, Dr. Freiman says. The obvious fix: looser gear. *MH* fitness director BJ Gaddour suggests Hylete's line of compression shorts and socks. They're less constricting than some other brands but are still a snug fit for your muscles.

Would it be dumb to start using anti-aging cream before I'm 35 years old?

– DAVID

There's nothing dumb about outsmarting wrinkles. Your skin starts to visibly age in your late 20s, which is when production of collagen and elastin slows down, says Los Angeles dermatologist Annie Chiu, M.D. These two proteins are found in your connective tissues and help keep your skin tight and firm. To fight the sag, start rubbing in retinol now. This natural form of vitamin A not only boosts collagen and elastin but also helps shed dead skin cells and replace them with new ones. In a 2015 study published in the Journal of Drugs and Dermatology, a retinol cream applied every day for a year reduced women's skin damage by 84 percent and decreased their fine lines by 44 percent. You do want a fresher-looking face too—right? Try Neutrogena's retinol-based Rapid Wrinkle Repair moisturiser. Apply it at night after washing your face.

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CURL UP TO SLEEP

Exercise your right to a restful night. Different workouts affect your sleep patterns and quality differently, say researchers at Appalachian State University. They found that **aerobic workouts earlier in the day may help you nod off faster, while weight training later in the day may help you stay asleep**. Can't swing that timing? No worries: any physical activity will improve shut-eye quality. "Exercise boosts your immune system and can clear the stress hormones from your body," says study author Scott Collier, Ph.D.



PHOTOGRAPH ISTOCKPHOTO

Grab Your Nuts

It takes a crack team to beat the number one killer of men. A Harvard study review reports that **eating nuts can help you avoid dying of heart disease.** The risk of people who ate the most (a serving a day) was 39-percent lower than that of folks who ate the least. Nuts' healthy fats may lower blood lipid levels, while other compounds help vessels expand, easing bloodflow. Eat 30 grams a day – 49 pistachios, 22 almonds, or 18 cashews.



In a nutshell: protein, healthy fats, disease-fighting firepower

MEAL MULTIPLIER

PESTO CHANGE-O!

Struggling to eat enough nuts? Put a new spin on basic basil pesto. Toast ¼ cup of your favourite nut, then pulse in a food processor with 2 cups leafy greens or herbs, ½ cup grated hard cheese (such as pecorino, manchego, or firm cotija), 2 garlic cloves, and ¼ cup olive oil until smooth.

10

Grams of grain-based fibre (quinoa, oats) you need to eat daily to cut your risk of type 2 diabetes by 25 percent.
Source: *Diabetologia*

FOOD FACADE

Ever been lured into a bad relationship by a pretty face? We thought so. **Packaged foods bearing sexy nutrition claims on the front can be hard to resist,** New Zealand research reveals. Shoppers were up to nine percent more likely to grab grub with a billboarded benefit – even if the food were otherwise a health dud. So ignore the slick front labels. Check the nutrition stats, then commit.

BE READY BEFORE YOU GO

The old saying "prevention is better than cure" applies to hangovers too. **Parts of Asian pears are able to affect the enzymes that metabolise alcohol, and either slow down or eliminate alcohol absorption in the body**, according to research by the Commonwealth Scientific and Industrial Research Organisation (CSIRO)in Australia. Before you head to that year-end party, have a pear or two prior to drinking; it's too late once the after-effects kick in.

EDITED **LILA BATTIS** ALL BULLETINS **MATT VOHR/HALLEY RESOURCES** (FOOD STYLING), **ANGELA CAMPOS/STOCKLAND MARTEL** (PROP STYLING); THIS PAGE **MICHAEL BRANDON MYERS** (ILLUSTRATION), **ISTOCKPHOTO** (GROCERIES)

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Muscle Bulletin



RUT? RUT ROH!

To pack on size quickly, many guys train like bodybuilders (e.g., back and biceps one day, chest and triceps the next). But if your gains seem to be leveling out, it's time to change your approach. **Total-body workouts can help you break through a training plateau,** a Lehman College study suggests. "Training muscle groups at least twice a week may stimulate more protein synthesis," says study author Brad Schoenfeld, Ph.D. The result: fresh growth.

WINNING STRATEGY

BUILD IN BLOCKS

For faster results, focus your training. **Concentrating on a specific fitness goal each month can lead to greater overall gains,** suggests a study in the *Journal of Strength and Conditioning Research*. Try it: Pick a monthly goal – say, strength, power, cardiovascular stamina, or endurance – and dedicate two workouts a week to achieving it.

STAY ON A ROLL

Foam-rolling before and after a workout can help speed recovery, but don't stop there. **To improve your mobility significantly, you also have to foam-roll on days you don't train,** say University of Oregon researchers. Roll each of your major muscle groups for a few minutes on your off days to reap the maximum benefit.

11

Percentage gain in men's vertical jump after they did plyometric training 3 days a week for a year
Source: *Bone*

Boost Lunge Capacity

Offset training – loading one side of your body – makes moves like the lunge and split squat more challenging. Which side do you load? It depends on your goal. **Holding the weight in the hand opposite your working leg engages your gluteus medius nearly twice as much,** say Czech scientists. Holding it in the other hand emphasises your quads.



Want legs like these? Rethink the way you load your lunge

Your Next Big Move

Trainers call the barbell squat the king of exercises. But a UK study found that the rear-foot-elevated split squat can increase your strength, speed, and agility just as much. "And because it's less technical and requires less mobility, it's safer," says Doug Kechijian, D.P.T , of Peak Performance in New York City. Here's how to do it.



Stand tall holding two dumbbells next to your sides. Place the top of your right foot on a bench behind you, and brace your core.



Slowly lower your body as far as you can. Pause, and then quickly push back up to the starting position. Do 3 sets of 16 reps (8 per leg).

EDITED **MICHAEL EASTER** PHOTOGRAPHS **MICHAEL BRANDON MYERS** (BLOCKS), **MARK NERYS** (EXERCISES), **ISTOCKPHOTO** (KETTLEBELL)

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Weight Loss Bulletin

Lose Your Breadbasket

No loafing in the weight-loss battle! According to a Spanish study review, **white bread can give you a gut even if you eat a sensible Mediterranean diet.** White-bread eaters added a half inch more to their waist, and nearly 1kg more body weight, than people who ate little or no white bread, the review concluded. Both groups' diets included plenty of olive oil, beans, produce, and fish. Still crave your daily bread? Go whole grain: It had no effect on weight gain. That's because the added fibre gives your slice a better glycemic index, explains study author Lluís Serra Majem, Ph.D.



Order the olive oil, but pass on the fat rolls



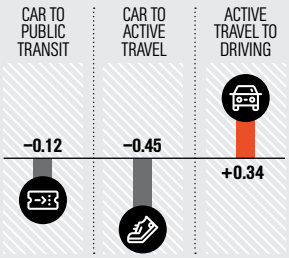
SEE YOUR DOC, DROP THE KG

Losers can't be choosers: **You may shed more weight if your diet is prescribed by a doctor,** say Brown University scientists. People assigned to a three-month online interactive diet programme lost 4kg more than those who were asked to read a weekly weight-loss newsletter. Having a doc's input provides accountability and spurs you to make more behavioural changes.

Heavy Traffic (and Driver) Ahead

Ditch the drive: in a UK study, folks who started walking, biking, or taking public transportation to work lowered their BMI and lost up to 6.8kg in two years.

BMI change if you switch from...



Source: *Journal of Epidemiology & Community Health*

IMPULSE CONTROL



DATE OFF WEIGHT

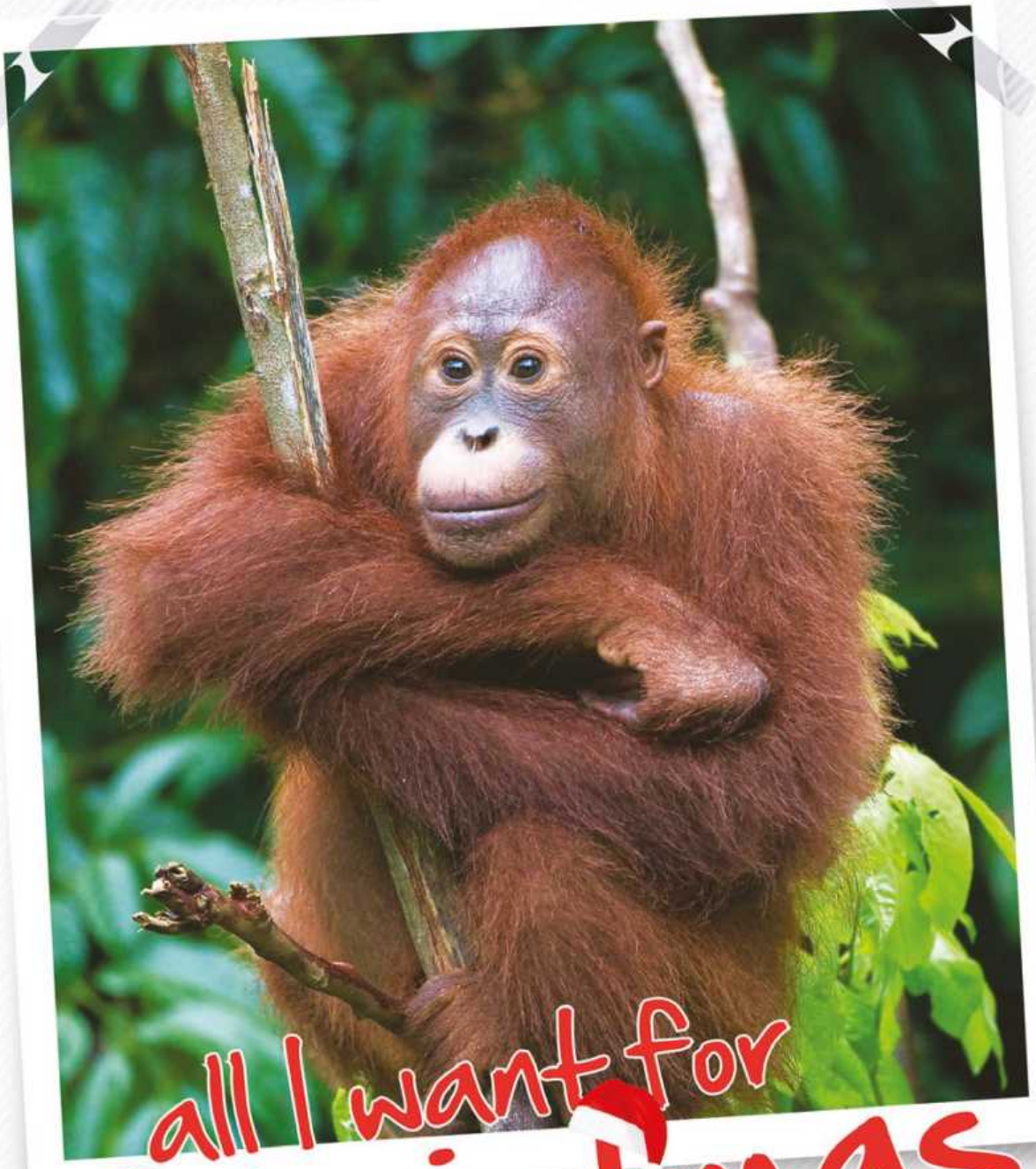
In an Australian study, guys who ate at a fast-food restaurant with a woman took in 255 fewer calories than when they dined with two or more people. Scientists aren't sure why, but men may see eating in a group as a competition or order more as they wait for others to finish.

2.3

Extra kg lost in a year by men who stepped on a scale daily, vs. those who never weighed themselves

Source: *Journal of Obesity*

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To win the medal, hoist more metal

Your Better Half

Distance race coming up? **Heavy lifting twice a week can improve your VO_2 max.** Runners in an Italian study saw a six-percent VO_2 max boost using this tactic. That strength, plus better mechanics, can enhance your running economy and cut injury risk, says P.J. Newton, founder of Strategic Athlete. Enroll in a functional- training programme, like CrossFit Endurance. Then use the tips below for your half marathon.

BEFORE THE RACE

14 DAYS

Do a Dry Run
Start at race time and eat and drink as planned. You don't have to do the full 21.1km, Newton says.

7 DAYS

Prehydrate
Give your innards a thorough soaking – down 30ml of water per kilo of your body weight every day.

2 HOURS

Carb-Load Wisely
Eat 1 gram of carbs per kilo of body weight. In a University of Minnesota study, this helped novices finish faster.

DURING THE RACE

2-6 KM

Tail a Woman
Women pace better, research shows. Chase a gal going at your goal speed to avoid bonking later, Newton says.

5+ KM

Sip Smarter
Old rule: If you wait until you're thirsty to drink, then it's too late. New rule: Drinking just when you're thirsty is fine.

14 KM

Finish Strong
Exhaustion starts in your head. Set a small goal, such as passing one person in front of you; then set another.

WHAT WINNERS KNOW



TUNE UP YOUR PACE

Listen to music during the race. You'll tend to match your cadence to the beat, say Belgian scientists. (Try the Spotify app's running mode, which matches music to your preferred pace.) Music also releases natural pain blockers and lowers perceived effort.

175

Steps-per-minute pace that yields the best running economy in elite runners
Source: *European Journal of Sport Science*

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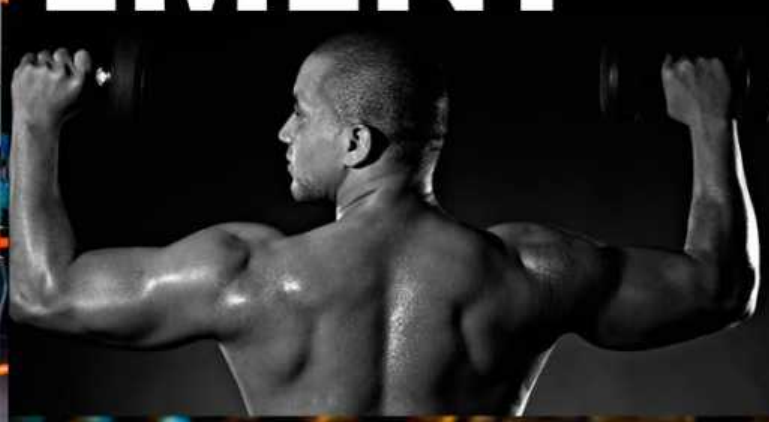


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Samsung Galaxy S6 edge and Gear S2

With a gorgeous curved display, wireless charging, 64-bit processor and an abundance of cutting-edge (pardon the pun) features, it's no wonder the Samsung Galaxy S6 edge had many queuing up before Samsung Stores even opened. Now, fans will be able to take their experience to the next level – their wrist. The Samsung Gear S2 monitors your health 24 hours a day, boosts your productivity thanks to a variety of apps, and can last up to three days. You could even get the 3G version for snazzy voice capabilities. And all this from a wearable that's just a touch over 1cm thin.
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Harnessing the beautiful but robust Gardenia Gardiflora, Amway's new Supreme LX collection focuses on re-synchronising the body's natural biorhythms to slow ageing in its tracks and rejuvenate the skin. Further enriched with 24K gold, Green Acerola Cherry and Spinach Leaf Extract, the products provide optical light diffusion while antioxidants work to protect skin from environmental aggressors and to boost its ability to repair itself.
www.amway.my





Tubotel Hotel, Langkawi

Nestled in the centre of Langkawi island just 10-minutes away from Cenang Beach is a concept accommodation that's all about thinking (and living) outside the box – literally. Tubotel Hotel comprises 26 clean, tube-shaped rooms, all with king-sized beds and most offering hypnotic seaviews. Owner Alex Mark recently introduced an intimate catering service, which is perfect for dining on the beach.
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Venus on the Loose

Tasha Shilla has enraptured hearts across the silver screen. Get her insight into relationships and how you can score in the game of love

"MIDNIGHT KNOWS ALL MY SECRETS."

Tasha Shilla is opening up about a basic element of the human condition – heartache and sorrow following the end of a relationship – when she says, "You have a lot of secrets to think about when you're alone at midnight. Revelations that come from God."

Don't shy away from mourning a breakup, Tasha says, adding that it's vital for you to take some time out as part of the healing process. "It's okay not to go out and get other people's opinions. Sometimes, you need to figure it out on your own." These solitary late-night reflections ultimately lead to independence. "You've got to be able to stand on your own two feet. That's the mindset you've got to be in if you want to live in this world. At the end of the day, you *masuk kubur*, you *sorang-sorang, kan*? [face punishment on your own] So you have to know how to handle these things."

The talented actress gives her take on life, saying that it's all *tertulis,* or written. "We all go through our own journey in life. I love mistakes and learning – that's the only way I discover my weaknesses and how to improve myself. You can only grow by staying positive. A powerful mindset is important; if you're negative, your life will take a downward turn."

Tasha goes on to define success by equating it as happiness in life. "Even if you do well financially but are not happy, it's not success. So surround yourself with people who appreciate and love you. You need all the good vibes you can get in life."

Tasha shares a few secrets more girls wish you knew and how you can step up your game for someone special

BOOK SMART CAN BE SEXY

"A lot of guys are clueless, even uninvolved, when it comes to relationships. Read more about women so you know how to handle a relationship. Women's magazines are a good way to understand our emotions, to know how we think and feel. You need knowledge to see your relationship through. Remember, boys can't handle real women – but a grown man will educate himself to treat his woman right."

SNAGGING MS INDEPENDENT

"I'm not impressed by money. I have my own career, my own money. An independent woman would never be excited with your money. 'Behind every successful man is a woman' – but have you realised that behind every successful woman is herself? If you want to impress us, put in the effort to improve yourself, to work for a better life and to build yourself up. That effort is priceless."

SINCERITY ALWAYS WINS

"Just be yourself. Don't wear masks, pretend to be someone else, or try to give false first impressions. The people who love you are gonna love you for who you are. Not the person you pretend to be. Always have good intentions, *niat baik*, for what you want to do. Don't do things like go to the gym to flirt with girls. Your biggest competition is who you see staring back at you from the mirror. Challenge yourself."

VANITY AIN'T A BAD THING

"We used to say that the modern man was metrosexual, but there's another word for them now – spornosexual. I love guys who are concerned enough to take care of themselves, 'cause I've known guys who don't even use facewash! It's not just grooming, but going to the gym and taking an interest in fashion too."

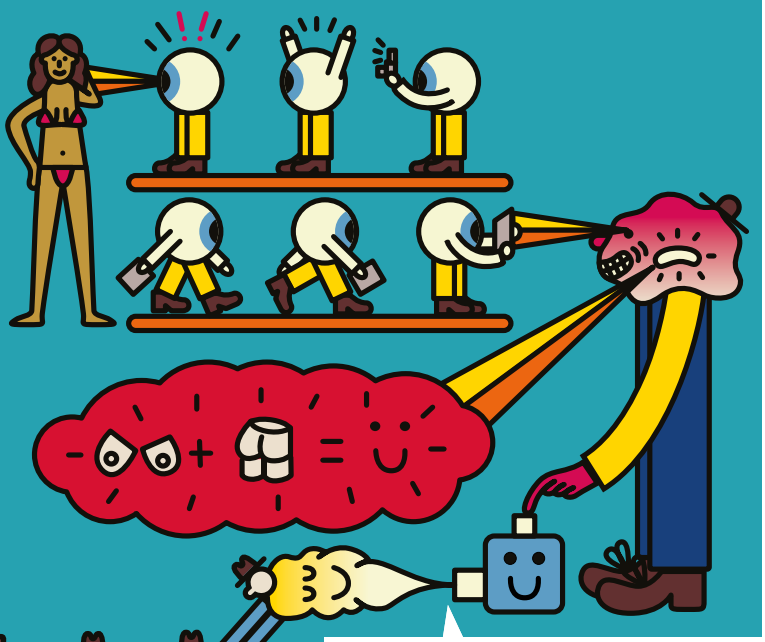
WORDS **ANIS TAUFIK** PHOTOGRAPH **MARCUS WONG** GROOMING **JOEY YAP**



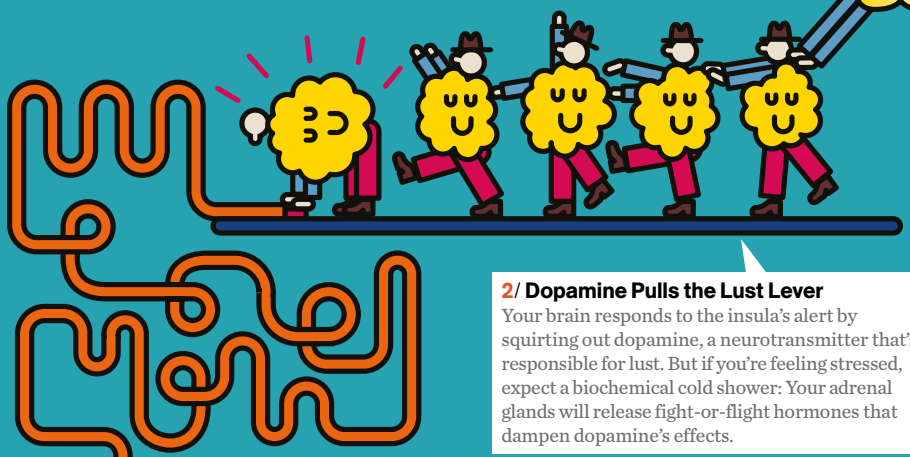
"Always have good intentions, *niat baik*, for what you want to do. Guys, don't do things like go to the gym to flirt with girls. Your biggest competition is who you see staring back at you from the mirror. Challenge yourself."

How One Look Leads to Lift-off

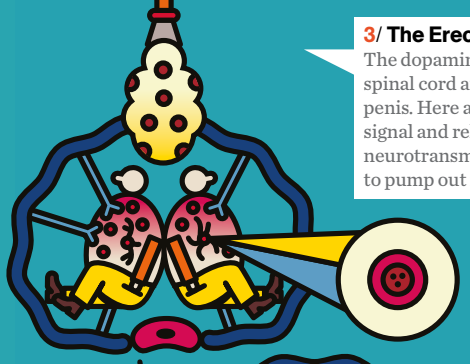
When a man catches a glimpse of an attractive, scantily clad woman, the effect is pure alchemy: Flesh turns into wood. Darius Paduch, M.D., Ph.D., director of sexual health and medicine at Weill Cornell Medical College, explains the science of lust at first sight



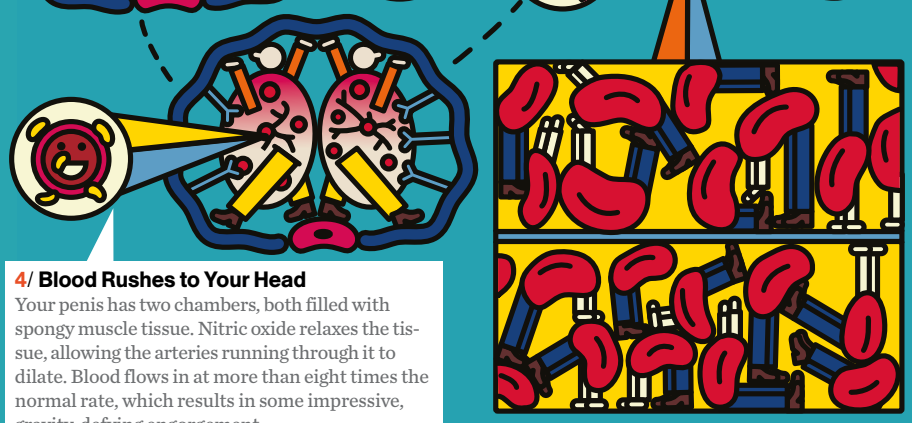
1/ Your Insula Says "Oh Yeah!"
The instant you see her barely dressed body, millions of ocular receptors snap a mental picture and send it to your insula, a key brain area for perception and emotion. Once the image arrives, the insula automatically calculates your erotic possibilities with her.



2/ Dopamine Pulls the Lust Lever
Your brain responds to the insula's alert by squirting out dopamine, a neurotransmitter that's responsible for lust. But if you're feeling stressed, expect a biochemical cold shower: Your adrenal glands will release fight-or-flight hormones that dampen dopamine's effects.



3/ The Erection Message Is Sent
The dopamine helps conduct a signal down your spinal cord and along nerve fibres that run to your penis. Here at erection HQ, nerves receive the signal and release acetylcholine, a neurotransmitter that commands blood vessels to pump out nitric oxide.



4/ Blood Rushes to Your Head
Your penis has two chambers, both filled with spongy muscle tissue. Nitric oxide relaxes the tissue, allowing the arteries running through it to dilate. Blood flows in at more than eight times the normal rate, which results in some impressive, gravity-defying engorgement.



5/ Your Softy Becomes a Stiffy
As the tissue in these chambers expands, it presses against surrounding veins, preventing boner blood from draining out. Your slugger may now be holding a quarter cup of the red stuff. Of course, you'll lose your lift once you lose sight of her—or have an orgasm.

WORDS K. ALEISHA FETTERS ILLUSTRATION DAVID BISKUP

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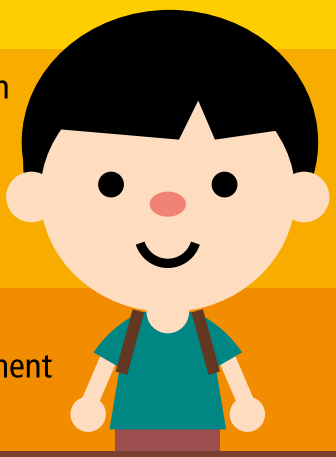
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Good Food, Good Life

Six Ways She's Judging You

A *Match.com* poll asked about men's most toxic first-date fails – and women had plenty to share

1/ SPINELESSNESS

Fully 84 percent of women routinely check for signs of confidence. A subtle style gamble can help, says *MH* US fashion director Sandra Nygaard. A tie or pocket square in a traditionally feminine colour – like pink or purple – will let her know you're secure with your masculinity. Just avoid anything silky or shiny.

2/ YER WOIDS

Nearly nine out of 10 women are judgmental about how you speak. Your polish is a glimpse into her future kids. "A well-bred man is likely to have well-bred children," says Jay Heinrichs, a rhetorician and the author of *Thank You for Arguing*. "This isn't just about impressing a date; it's natural selection." Use proper English; you don't want her to, uh, misunderestimate your excellent background, Heinrichs says.

3/ PHONING IT IN

Fixating on your phone is a top turn-off for 75 percent of women, according to the dating site's annual Singles in America survey. "She feels like she's not interesting enough to hold your attention," says Kristen Mark, Ph.D., M.P.H., director of the Sexual Health Promotion Lab at the University of Kentucky. Simple fix: use airplane mode, Mark suggests.

4/ A FOUL MOUTH

Research links poor dental health with even poorer bank accounts, says Marianne LaFrance, Ph.D., a professor of psychology at Yale and the author of *Why Smile?* That could be why 81 percent of women fixate on your oral hygiene. So whiten your choppers: invest in a home kit or at least some strips.

5/ OUTDATED DUDS

Nearly seven out of 10 women look to a man's clothing for signs of his potential as a suitable mate, the survey revealed. "Before you even open your mouth, your clothes speak for you," says stylist Jacqui Stafford, author of *The Wow Factor*. Go with a fine V-neck sweater, a crisp, button-down shirt, and tailored dark-wash jeans for a look that's sharp, not stuffy.

6/ "VINTAGE" KICKS

She's looking down at you: Nearly half the women surveyed said they closely examine your footwear. So skip the worn-out sneakers and upgrade to classic leather oxfords or wingtips, Nygaard says. You want a modern shape, so avoid anything wide, chunky, and square or long and pointy, she advises. "You'll look like you're living in another decade." Note: Michael Jordan *has* retired.



ILLUSTRATION RAMI NIEMI

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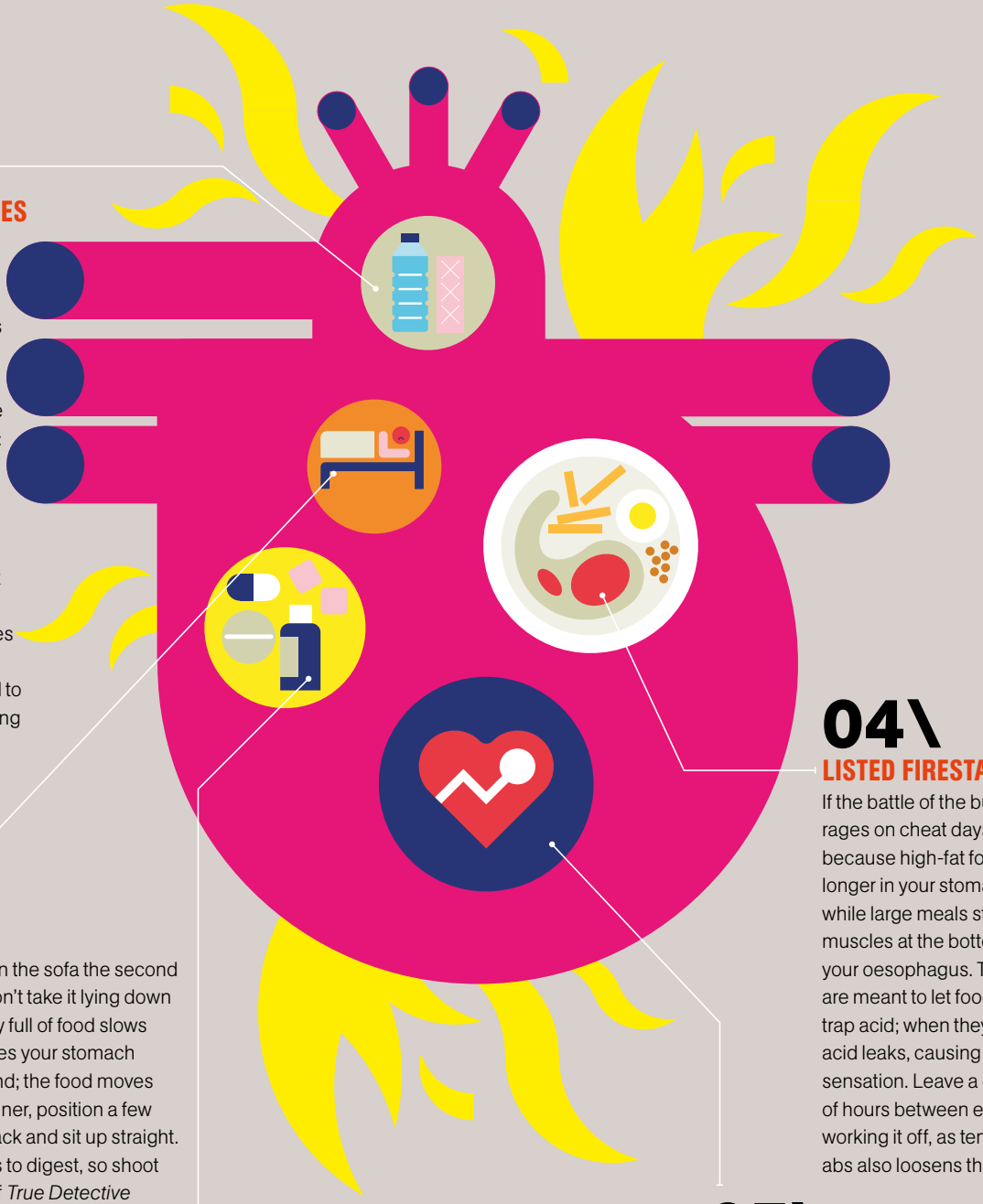
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Healing the Burn

If there's more acid in your stomach than in a Chicago DJ's record box, then you need our fire-fighting advice



01\ DOUSE THE FLAMES

Long days, pub stop-offs and late dinners are a recipe for acid reflux. On those nights when a 10pm pasta ready-meal seems a sad inevitability, chase it with a glass of water: *Digestive Diseases and Sciences* journal found H2O helps to neutrialise excess stomach acids. A stick of sugar-free gum will work too, as it increases saliva production, carrying alkaline liquid to the stomach. Something to chew over.

02\ STAY UP LONGER

Can't help slumping on the sofa the second you drop your fork? Don't take it lying down – literally. A prone belly full of food slows digestion, which causes your stomach to vent at the wrong end; the food moves up, not down. After dinner, position a few pillows behind your back and sit up straight. Food needs two hours to digest, so shoot for two full episodes of *True Detective* before you nod off.

03\ UP THE ANTACIDS

When gum won't cut it, going over-the-counter is your next option. Antacids such as Gaviscon protect the lining of your oesophagus, to deal with one-off bouts of heartburn. If you suffer more frequently, try a 'proton pump inhibitor' (PPI) such as Nexium, which reduces the amount of acid in your stomach. If symptoms last more than two weeks, see your GP. Fire-fighting of this degree is best left to the pros.

04\ LISTED FIRESTARTERS

If the battle of the burn rages on cheat days, that's because high-fat foods spend longer in your stomach, while large meals strain the muscles at the bottom of your oesophagus. These are meant to let food in and trap acid; when they loosen, acid leaks, causing a burning sensation. Leave a couple of hours between eating and working it off, as tensing your abs also loosens the muscles.

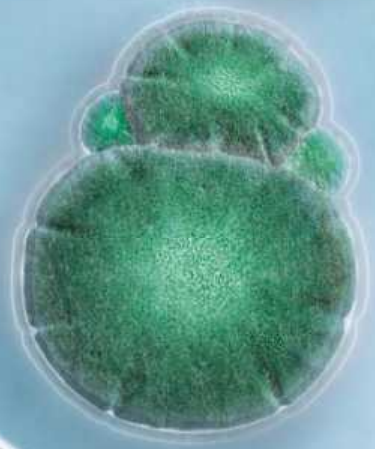
05\ REFLUX ACTION

Heartburn is fairly innocuous, but it shares many of its symptoms with a far more serious condition: heart attack. Although there are no definitive rules, other signs of a heart attack are shortness of breath and sweating. Be safe, not sorry, says Dr David Warriner, a senior registrar in cardiology: "I'd rather see patients with heartburn and reassure them, than have patients feel too embarrassed to come in, and then suffer a heart attack that could have been prevented." It's an acid test worth taking.

WORDS TED LANE | WITH THANKS TO DR LAURENCE LOVAT, DIRECTOR OF THE LONDON GASTROENTEROLOGY CENTRE ILLUSTRATION PETER GRUNDY

Athlete's Foot. Unfortunately, it's as bad as it looks.





But now there's a cure.

Athlete's Foot is a skin infection caused by microscopic fungus. Easily picked up in warm, damp environments like changing rooms and gym showers, it feeds off your skin, leaving it sore, smelly and unsightly. But here's the good news – Canesten. It doesn't just relieve the itching, burning, flaking and cracking – it also does away with the fungus for good, so you'll not have to take another painful step. Visit your nearest pharmacy for Canesten.



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Your Vit D Has a Shady Side

The weather's shifting on the latest cure-all vitamin. It's time to rethink your pillbox to save more than your skin



Science is dimming its view on your favourite panacea

FEW SUPPS HAVE BEEN LAVISHED with such continual praise as vitamin D. Trumpeted as a panacea to everything from a crumbling skeleton to the black dog on your back, GPs have encouraged us to pop D pills like, well, vitamin C pills before them. The future looked bright for the health-conscious. People flocked to health stores. Prices rose in kind.

The appeal is understandable if you're indoors all the time. D is tricky to extract from food (unless you fancy eating 13 eggs a day). Of course, it's common knowledge that baring skin to sunshine turns your body into a vitamin D factory (you can hit your daily target in just 20 minutes 1). But desk-bound jobs could lead folks into thinking they're D-ficient and losing out, which is why we've all been going gaga for the pills.

So what's the problem? As is so often the case, the science is bad.

First, the vitamin D requirements. We have a base amount of the vitamin that our body needs to function. But there's a big difference between what we get from the flaming ball in the sky and what comes in a bottle. The former is guaranteed to be effective; the latter can wind up being nothing more than a placebo 2.

As for D's link with your wellbeing, what we have here is a classic case of confusing cause and effect. Just because people with depression or heart disease have low levels of vitamin D, it doesn't follow that deficiency is at the root of their illness. Symptom is not synonymous with cause.

In fact, the most recent studies have countered almost every claim linked to vitamin D 3. Whether you're popping the pills to cure your asthma, hoping they'll stave off depression or trying to cut your cancer risk, you're wasting money and potentially sacrificing your health in the process. Which leads us on to the most dangerous factor in our D fetish: overdosing.

Too much of a good thing inevitably leads to more issues than the disorders you're trying to outflank. For a start, vitamin D is fat-soluble and builds up in your body. So knocking back a tablet with 5,000 percent of your RDA every single day doesn't represent "good value" so much as a timebomb ticking down to serious health problems – think vomiting and kidney stones – a few months down the line 4.

"Real sunshine is guaranteed to be effective while the vit D in bottles can wind up being nothing more than a placebo"

Worse are the implications of the most recent piece of vit D-puncturing research from East Anglia Uni. Far from being the heart-helper previous studies had indicated, the relationship is more casual than causal. In fact, diminished D is most likely an indicator of other issues – like the 10 hours a day you spend in a chair – rather than a risk factor in itself. And even if swallowing tablets ups your levels in the short-term, it won't deal with those underlying issues. The bottom line is this: If you're going to supplement, do it smart, not in the dose range pushed by those counting the coffers at supplement companies. And don't sweat the lack of sunshine – get outside for a short walk, even if it's a touch cloudy, and you'll be topping up on grade-A vit D just fine.

SATAN'S LITTLE HELPER
Dr Marc Gillinov is a heart surgeon at the Cleveland Clinic. What he says on supps, you can't D-ny.

YOUR DEALS WITH THE DEVIL

1 SCREENGRAB
The rays that raise your D levels also burn your skin. Yet King's College has found that wearing suncream doesn't stop vit D production. So no excuses.

2 OIL YOU NEED
If you do supp, ensure your purchase is based in a fat source, like olive oil. Or take it with a fatty meal to enhance the absorption of a smaller, safer dose*.

3 TAKE IT OUTSIDE
The Lancet encourages ditching your daily D supp habit, saying "if you are healthy and active [...] you don't need to take vitamin D supplements."

4 CHECK INTO D-HAB
It's almost impossible to OD on sun-powered vit D. Even if you spend a day in the sun eating mackerel omelettes, it won't produce dangerous levels.

WORDS TOM BANHAM | *ACCORDING TO A STUDY IN THE JOURNAL OF THE ACADEMY OF NUTRITION AND DIETETICS* PHOTOGRAPH JOBE LAWRENSON

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Why Are You So Snotty?

How do you know whether your sneezing and sniffling is being fueled by a cold, the flu, or some other affliction? Follow this nasal flowchart to find out

START HERE



How long have you had your symptoms?

10 DAYS OR LESS

MORE THAN 10 DAYS

Most colds last three to seven days, says Richard Rosenfeld, M.D., M.P.H., chairman of otolaryngology at SUNY Downstate Medical Center. But if your symptoms worsen after 10 days and you're experiencing chest pain or shortness of breath, have yourself tested for pneumonia.



What were the first symptoms you noticed?

With a typical sinus infection, feeling pain or pressure around your eyes and nose is normal. What isn't normal: blurred vision or a severe stiff neck. That means the infection may have spread to your eyes or brain, Dr. Rosenfeld says.



How is your head feeling?

Your immune system is likely excited by something you're inhaling. Food allergies, however, often cause itchy mouth, skin rashes, and gastrointestinal trouble.

SORE THROAT AND CONGESTION

SORE THROAT AND A FEVER

HEAVY—I CAN BARELY LIFT IT OFF MY PILLOW

OKAY, BUT THE RUNNY NOSE AND SNEEZING WON'T QUIT

Your body fights invaders with neutrophils. These white blood cells release green enzymes called myeloperoxidase that end up dyeing your snot, explains *MH* family medicine advisor Ted Epperly, M.D.



How many days have you had a sore throat?



Does anything else hurt besides your throat?



Does the rest of your body feel fatigued at all?



What is the colour and texture of your mucus?

I HAD ONE FOR ABOUT TWO DAYS

SEVERAL—AND I STILL DON'T FEEL BETTER

MY ENTIRE BODY ACHES

NOT REALLY

YES

NO

IT'S A THICK MIX OF GREEN AND YELLOW

IT'S CLEAR AND THIN

The culprit could be *Fusobacterium necrophorum*. Like strep, this infection may require antibiotics.

COLD

STREP THROAT

FLU

SINUS INFECTION

ALLERGIES

ATTACK YOUR AILMENTS! TURN TO P42

WORDS **AMY REININK** ILLUSTRATIONS **BRITT SPENCER**

GET OUT!

Introducing the key features of the new Merrell All Out Terra Trail

The heel height of the All Out Terra Trail is 21mm, standing close to the ground which may be a little unusual for minimalist runners. Nonetheless, the drop from the heel to toe area is 6mm, which is a good thing for neutral runners.

M-Select Fresh Antimicrobial system for odour control and to ensure long-lasting freshness.

Booty Construction which acts as a shield to prevent debris and other elements to enter the shoe.

Synthetic leather lacing and overlay system helps secure the foot well, so runners can fully concentrate on their run.



Toe Guard protects the front of the foot from any injury during the run. The forefoot area stands at 15mm, which is considerably closer to the ground, and has the Trail Protect Plate to protect the forefoot from potentially damaging debris.

Merrell's Uni-Fly compound running through the entire midsole. This enhances underfoot protection, while absorbing the impact made by landing during the running cycle.

Vibram outsole, which is a high-performance rubber sole that has gripping lugs so runners would have more traction on tough terrain.

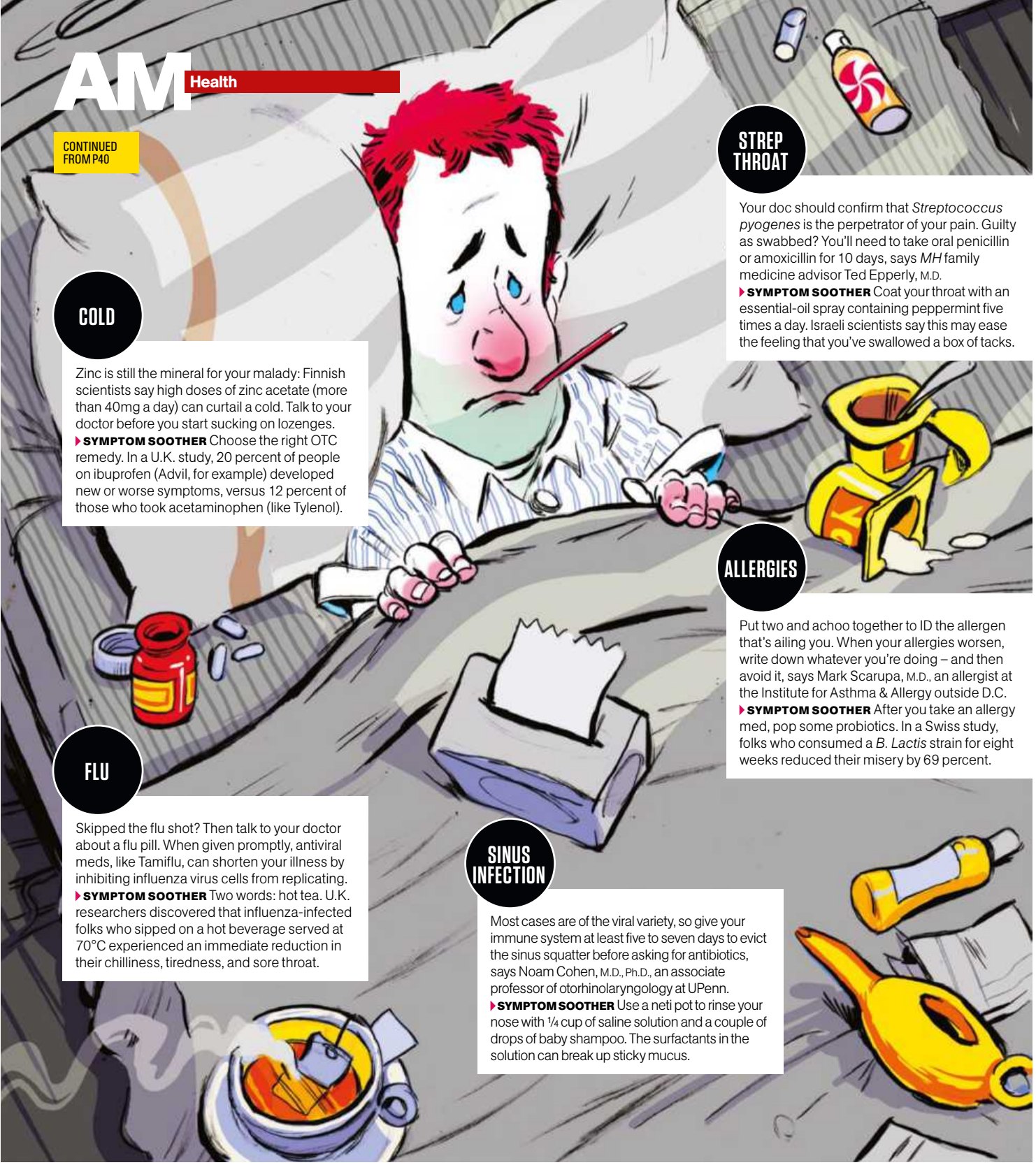
Air mesh and thermo polyurethane (TPU) cover is the main component of the shoe upper, which allows breathable and durable protection for the foot.

Diamond-shaped lugged portions, allowing multi-directional traction without resorting to add-ons or precise foot positioning.

The Merrell All Out Terra Trail is available in both Yellow/Black and Black/Orange, and retails at RM459. It is available at selected Stadium, Studio R and Royal Sporting House outlets.

Follow Merrell at facebook.com/merrellmy for more details.

CONTINUED FROM P40



COLD

Zinc is still the mineral for your malady: Finnish scientists say high doses of zinc acetate (more than 40mg a day) can curtail a cold. Talk to your doctor before you start sucking on lozenges.
SYMPTOM SOOTHER Choose the right OTC remedy. In a U.K. study, 20 percent of people on ibuprofen (Advil, for example) developed new or worse symptoms, versus 12 percent of those who took acetaminophen (like Tylenol).

FLU

Skipped the flu shot? Then talk to your doctor about a flu pill. When given promptly, antiviral meds, like Tamiflu, can shorten your illness by inhibiting influenza virus cells from replicating.
SYMPTOM SOOTHER Two words: hot tea. U.K. researchers discovered that influenza-infected folks who sipped on a hot beverage served at 70°C experienced an immediate reduction in their chilliness, tiredness, and sore throat.

SINUS INFECTION

Most cases are of the viral variety, so give your immune system at least five to seven days to evict the sinus squatter before asking for antibiotics, says Noam Cohen, M.D., Ph.D., an associate professor of otorhinolaryngology at UPenn.
SYMPTOM SOOTHER Use a neti pot to rinse your nose with ¼ cup of saline solution and a couple of drops of baby shampoo. The surfactants in the solution can break up sticky mucus.

STREP THROAT

Your doc should confirm that *Streptococcus pyogenes* is the perpetrator of your pain. Guilty as swabbed? You'll need to take oral penicillin or amoxicillin for 10 days, says *MH* family medicine advisor Ted Epperly, M.D.
SYMPTOM SOOTHER Coat your throat with an essential-oil spray containing peppermint five times a day. Israeli scientists say this may ease the feeling that you've swallowed a box of tacks.

ALLERGIES

Put two and achoo together to ID the allergen that's ailing you. When your allergies worsen, write down whatever you're doing – and then avoid it, says Mark Scarupa, M.D., an allergist at the Institute for Asthma & Allergy outside D.C.
SYMPTOM SOOTHER After you take an allergy med, pop some probiotics. In a Swiss study, folks who consumed a *B. Lactis* strain for eight weeks reduced their misery by 69 percent.



I HAVE WHAT?

AUTO-BREWERY SYNDROME

Symptoms Slurred words, dizziness, stomach discomfort, and a boost in your BAC level—without drinking a drop of alcohol.
The Diagnosis You have an actual beer belly. Auto-brewery syndrome is a rare condition that prompts the growth of enough yeast in your intestines to ferment any carbohydrates you consume, says Barbara Cordell, Ph.D., R.N., dean of nursing and health sciences at Panola College in Texas. She notes that there are two factors that can put you at risk: a suppressed immune system or a history of heavy antibiotic use.
Treatment Sober up and see your doctor; you may have to take antifungal meds to wipe out the overgrowth of yeast. And put a kibosh on carbs in any form, including alcohol, for at least six weeks. —MICHELLE MALIA

PHOTOGRAPH ISTOCKPHOTO

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Stay Focused. Drop the Weight

Can't make progress in your weight loss journey? Find out how Casimir Pang kept going despite some initial setbacks and learn how to transform your life

FOUR YEARS AGO, CASIMIR PANG was a self-confessed "fat guy" who lacked confidence and, for one reason or another, couldn't manage to lose weight. His source of inspiration came – as it does for so many of us – in the form of a romantic interest. "She gave me the motivation to lose weight by showing me her before-and after-photo," Casimir says. "She successfully lost weight and became a different person." This steeled his determination and, from that point on, he set out to transform himself in a way he never could before.

As an active church member and performer, he always used to feel self-conscious playing in front of audiences and could not bring himself to even make eye contact with the crowd. Instead, he looked only at his guitar, not even caring about what he wore, and felt that nothing could ever look good on him. His story and sentiments might strike some of you as familiar, but his advice is simple: Never give up. It may sound like an oft-used cliché, but it's a cliché for a reason – it works. He's proof that weight loss goals are attainable even if your early attempts all falter, as long as your motivation is strong enough. So Casimir hit the weights and has never looked back. There was no clearer example to him than when he went back to his hometown six months after embarking on his weight loss journey: He was virtually unrecognisable to his friends – a lot of them asked, "Are you Casimir?" – and he relished the feeling that his hard work had paid off.

"Lifting makes me feel alive," he says, adding that the delayed-onset muscle strain which comes with it increases his confidence by giving him a sense of accomplishment. With achievement comes reward, and after a good workout, he likes to treat himself to a meal with friends once in a while. It is also fitting to say that friends have played a part in how he's managed to maintain his weight loss: their understanding and acceptance of his adopted healthier lifestyle enabled him to reach his goals, something he is grateful for. In addition to lifting weights, he also enjoys a good jog – being able to enjoy the outdoors while challenging and improving his stamina is his idea of killing two birds with one stone.

Staying fit and healthy is no longer a struggle for Casimir, as the strategies he used to lose weight are now simply habits of his lifestyle. There is no doubt his physicality has improved too, but his confidence has grown immeasurably – something that money simply cannot buy.

Workout Routine

MONDAY: CHEST
Barbell Bench Press, Incline/Decline Barbell Bench Press, Dumbbell Chest Flys, Cable Chest Flys

WEDNESDAY: BACK
Pull-ups (warm up), Lat Pull Down, Cable Row, Barbell Bent Over Row

FRIDAY: LEGS
Barbell Squats, Deadlift, Machine Leg Press, Hamstring Leg Curls, Quad Extensions, Machine Standing Calf Raise

SUNDAY: ARMS AND SHOULDERS
EZ Bar Curls, Alternating Dumbbell Bicep Curls, Overhead Dumbbell Triceps Extension, Dips, Dumbbell Shoulder Press/Arnold Dumbbell Press, Dumbbell Shrugs, Dumbbell Shoulder Flys

Diet Regime

BREAKFAST:
Protein shake and oatmeal

MID-MORNING SNACK:
Sandwich

LUNCH:
Mixed rice or noodles

AFTERNOON SNACK:
Protein (in the form of meat)

DINNER:
Mostly oatmeal, but sometimes tosai or naan with tandoori chicken

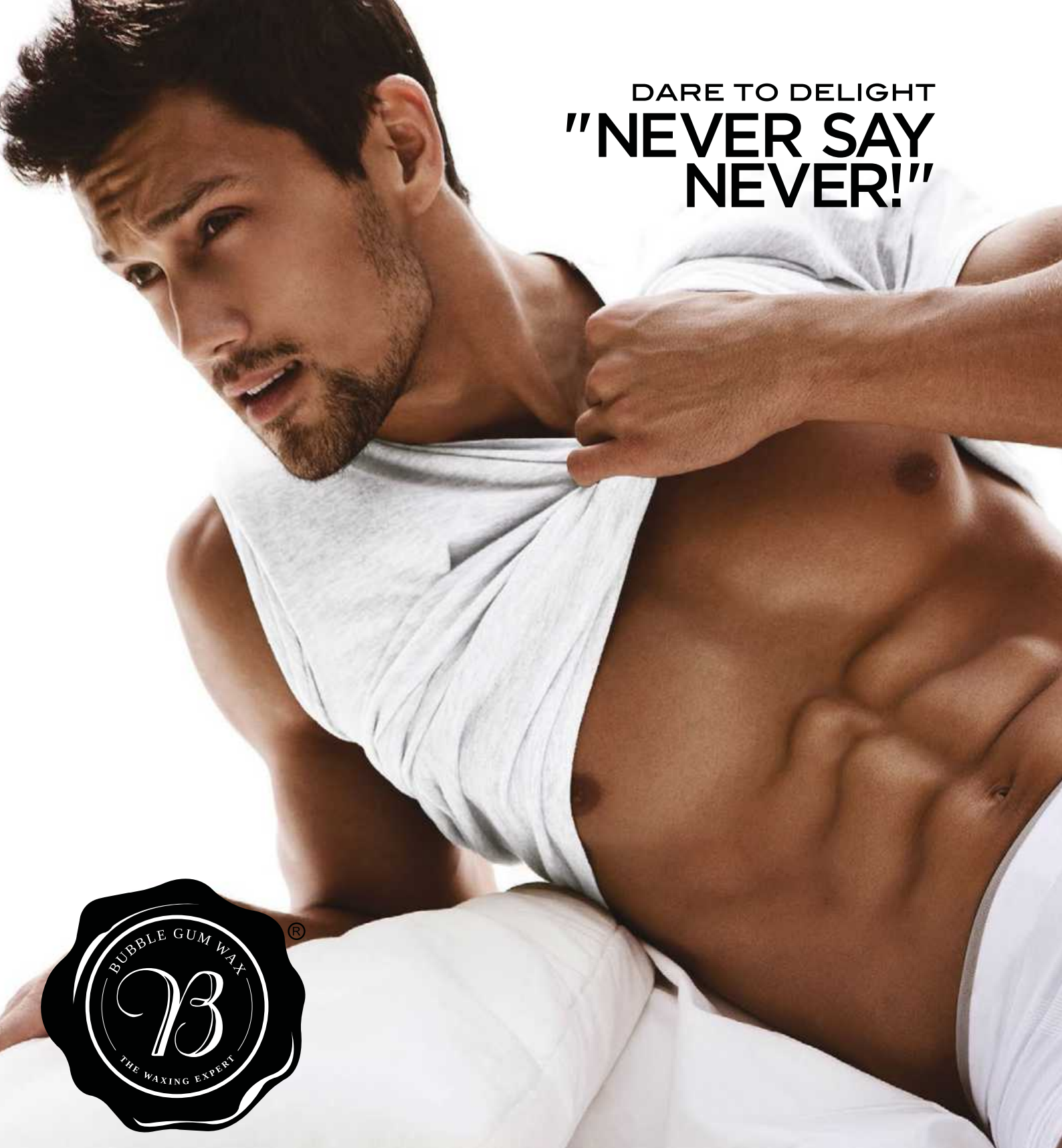


BEFORE: 80KG

AFTER: 55KG

NAME: CASIMIR PANG JUN RUI
AGE: 23
HEIGHT: 163CM
TIME TO REACH GOAL: 9 MONTHS

WORDS **JUNE SEE** PHOTOGRAPH **HIZWAN HAMID** LOCATION **CELEBRITY FITNESS JAYA ONE**



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4 Productivity Apps to Make Life Easier

Feeling overwhelmed by your never ending to-do list? Tap into these apps to increase your productivity levels

EVERYBODY HAS A SMARTPHONE THESE DAYS, AND EVERY smartphone comes with the basic capability of giving you a hand in organising your life. But if you want to kick your organisation skills into turbo, check out the four apps we've rounded-up below to help supercharge your life.

Paper by 53 (iOS)
Price: Free
One for doodlers who love a good scrawl, *Paper* is one of those enviously good looking apps with equal parts fluidity and design in mind. At its basic level, it allows users to create projects and instant checklists by swiping left to create headers, and right to create checkboxes. Photos can be annotated, and specific areas can be "spotlighted" for specification. And for those who are more stat-minded, it gives you the ability to create sharp diagrams, charts and drawings. 53 also offer an accompanying "Pencil" (for a price), a fancy-pants stylus that mimics the intuitive drawing attributes of an actual pencil in terms of pressure, line, and stroke. Made a mistake? No worries. Just flip the pencil over to use the "eraser". Too bad we can't say the same about the mistakes we make in life!

Pocket (iOS, Android, Mac App Store, Windows and more)
Price: Free, with option to go Premium
In our fast-paced world, we don't often get time to read everything we want, when we want. *Pocket* exists to meet the needs of that reality: it allows you to save articles, videos and images you're interested in, but don't have the time to read or view until later. It syncs across all devices you use it on, and you can "Pocket" things straight from your browser, e-mail and more than 1,500 apps. Another thoughtful touch: it optimises viewing based on the device you're viewing from, ensuring the best view possible at all times. And the best part is that you don't even need an Internet connection to access all of your saved items! All that's missing? Free time and a cup of Joe.

Any.Do (Android, iOS)
Price: Free, with option to go Premium
Any.Do has been around for a while, but it still remains a strong all-rounder, bringing all your tasks and lists together in one app that can be synced across a myriad of platforms. *Any.Do* is sort of like a checklist on steroids: each list that you create can be categorised by requirement and allows you to add subtasks, delegate, annotate and upload files. It syncs with your contacts so if you're unable to pick up a call, you can snooze for a more convenient time to return the call to the other party. Reminders can be added and also snoozed so that it's harder for tasks to escape your attention. And every morning, *Any.Do* will greet you like a loyal companion (or PA, rather), telling you how much you've still got to do – something we could all use at times.

Easily Do (iOS, Android, Gmail)
Price: Free, with Premium and Business options
There are a ton of apps out there that enable you to make lists of things to do, but how many of them actually *do* things for you? *Easily Do* has been dubbed a "Life Assistant" and is probably the closest thing to automated tasks an app can get. It intuitively predicts things that need to happen by recognising and "acting upon" activity in your e-mail, social media and calendar. It also has a knack for keeping you abreast of important information, such as travel changes, birthdays and important events – it can automatically add a reminder in your calendar so you remember to pay your bills on time! Can't say the same about your basic calendar.

CALENDAR

4-5
8th Royal Cup Muay Thai Championship
Malaysia's longest running muay thai championship returns to Stadium Negara, Kuala Lumpur, this month. Having amassed an international following from over 20 countries, the two-day championship promises fantastic fights for martial arts lovers.
z1international.com.my

5-6
Penang Island Jazz Festival 2015
Here's a winning combo for a memorable weekend escape: jazz music on the Pearl of the Orient. Groove along to the annual Penang Jazz Festival for a host of fantastic acts, both local and international.
www.penangjazz.com

Until 7
Rainforest Challenge 2015
Take a ride on the wild side. Participants to this year's Rainforest Challenge (RFC) will embark on a 4X4 adventure of a lifetime – 10 days of extreme terrain, natural elements and weather conditions in the great Malaysian outdoors.
www.rainforest-challenge.com

12-13
Godzilla Eats Las Vegas @klpac... Burp!
Ever wondered what would happen if Godzilla went on a rampage through Las Vegas? Get the full scoop through this live performance by the klpac symphonic band. Conducted by Cheryl Mah, this is your opportunity to support the budding local music scene.
www.klpac.org

18-20
FISE World Series 2015
Slated to be the globe's largest action sport festival, Festival International Sport Extreme (FISE) makes its way to Langkawi this year. The five main draws to the three-day event are: skateboard, BMX, wakeboard, inline skate and mountain bike.
www.fise.fr/en

WATCH OUT

3 onwards
Angels in America
theatrethreesixty brings you *Angels in America*, a Tony Kushner epic that traces the lives of individuals whose relationships begin falling apart in the wake of the AIDS epidemic. Recipient of two Tony Awards for Best Play and the Pulitzer Prize for Drama, the Malaysian adaptation is directed by Christopher Ling.
www.dpac.com.my

WORDS **JUNE SEE** PHOTOGRAPH **ISTOCKPHOTO**

DR. RUBAN'S
SKIN & HAIR CLINIC

All About Alopecia

A lot of people suffer from male- and female-pattern alopecia, and they often wonder what to do about it. In their search for answers, they could be led astray by uninformed opinions, questionable blogs and other non-medical sources of information. But these could very well cost them tens of thousands of Ringgit – without producing any long-term results!





So, we spoke to Dr Ruban Nathan, Consultant Dermatologist and Hair Transplant Surgeon, about what really works and what will really grow on you.

How can you make the claim "Hair Forever" when you talk about hair transplants?

That's because the hair comes from the back of the scalp. In this area, the hair never falls.

How do we choose a good hair transplant surgeon?

They should be licensed by the Ministry of Health with an LPC, or license to practice certificate. You may ask for this. You may also ask to see his or her other patients' results, his or her training certificates, what workshops they have attended, and so forth.

What's the difference between a hair follicle and a Graft?

Nowadays, we talk in terms of grafts. Each graft has one to four hairs, and this is how hairs occur naturally in the scalp. So, all well-trained consultants will quote the patient with a "Per Graft" charge. If they charge per hair, they are not following standard practice guidelines.

Are there any major risks involved?

Assuming it is performed well and the proper dose of local anaesthesia is used, then absolutely *not*. This is considered a relatively minor procedure, with very little blood loss.

What are the other reasons given when people enquire about this procedure?

Traumatic scars that cause hair loss, eyebrow transplants to increase density, and beard transplants for those who want more facial hair. We can actually transplant healthy hair *anywhere*.

How long does it take to grow?

The transplanted hair will begin growing in approximately 12 weeks, but will get to full thickness in 12 months.

Are there any medical treatments used to treat hair loss?

Propecia is the oral medication that is encouraged in young patients with early onset alopecia, as it halts the progress of hair loss.

Finally, do *you* yourself need some hair transplants, doc ?

In fact, I have been a patient myself – since the 80s. I've had around 2,000 grafts, which is enough to cover my very high hairline. Plus, it makes me somewhat more aware of the advances of this technique over the decades. But I don't wanna look like Elvis!



Dr Ruban Nathan, MBBCh(Ire) FRCP(UK) DipDermSc(UK)Dip Laser Surg(USA) FAAD (USA) AM (Mal), is the Senior Consultant Dermatologist at Dr Ruban's Skin & Hair Clinic (+ Nathan Skin , Laser Centre) & Sunway Medical Centre.

www.drruban.com



PETROLHEAD
Qhalis Najmi, our regular motoring contributor, is an experienced automotive journalist and photographer.

New Year, New Drive, Same Car

If you're already mapping out the journey ahead for yourself, take some time to chart a new course for what will get you there. And you won't even need to spend six figures for it

WHAT WE DRIVE IS AN extension of who we are, so while we aim to improve ourselves, let's think about our beloved wheels too. Here are five New Year's resolutions you can make for your car.

1 / WHEELS AND RUBBERS

Brand-spanking new wheels can absolutely change the look of your car, so start by driving to your tyre shop. Choose wisely – a matched set of wheels will complement the design of your vehicle. Colours are important too: select a dark or light tone, paired with a fresh set of rubbers. We do not, however, recommend replicas as their rigidity and integrity might be questionable. Go original!

2 / PAINT OR WRAPS?

These days, we can choose between getting our car painted and wrapping it in automotive vinyl. Like buying new clothes for yourself, it's an absolute confidence booster! If your car's paint is less than three years old with minimal or no body damage, then opt for wraps – they go for around the same price as paint, and you'll enjoy a new outlook without sacrificing the factory paintwork. That said, it's generally difficult to run away from dents and scratches, so you can also consider repainting your ride. A fresh coat of paint can really change the look of your car!

3 / INTERIOR FACELIFT

It's where you spend most of your time and it deserves the attention. A customised interior will feel like a whole new car altogether. If it's fabric, move to a leather upgrade. Mix and match it with custom stitching or your favourite colour. Re-wrap slippery steering leather with something grippier like Alcantara Suede. It will guarantee satisfaction but, of course, all this comes at a price – so do your homework on interior customisers to get the best deal.

4 / PERFORMANCE

Let's start with the basics: an ECU Remap. This is basically a software upgrade for your car's computer, which refines the burning and air flow into your ride to unlock capped potentials from the factory, which means more horsepower!

You can get more if your car is force-induced with a turbo, but a naturally aspirated car will feel a lot smoother after a remap. You can also revamp the exhaust system to get an all-new sound and a little more power out of the engine.

5 / WEAR AND TEAR

After a couple of years and plenty of kilometres clocked, parts within the car will naturally get worn out, as they consist of multiple components and movable parts that shake and vibrate when you're driving. Get to your nearest service centre or workshop to look into this – specifically, rubber components like bushes, joints and engine mounting. Changing these parts will not only give you the "new car" feel but also peace of mind when driving.

PHOTOGRAPH ISTOCKPHOTO



Last Man Sanding

Some guys wash up like they're stripping paint. Use a lighter touch, and you'll look smoother in the morning

WORDS **SANDRA NYGAARD** PHOTOGRAPH **CLAIRE BENOIST** PROP STYLING **MEGUMI EMOTO/ANDERSON HOPKINS** GROOMING **CHUCK JENSEN/MARK EDWARD INC.**

WASHING YOUR FACE

Vigorous scrubbing won't give you a deeper clean, says New York City dermatologist Debra Jaliman, M.D. What it might do is make your skin red and dry, causing it to pump out oil. Instead, apply a gentle cleanser using a light circular motion to remove dead skin cells and surface debris. "Pat your skin dry instead of rubbing it with a towel, which can lead to irritation," Dr. Jaliman says. Finish by working a moisturiser into your skin, moving upward. (Pulling down can cause sagging.)

HIMALAYA HYDRATING FACE WASH CREAM
It contains aloe vera to help your skin stay soft. *online.guardian.com.my RM31.65*

RUBBING YOUR EYES

Whether you're washing your face, applying moisturiser, or just rubbing the sleep away, avoid pressing too hard on the thin, tender area around your eyes – it's delicate and easily irritated. "That can create new creases," says Arielle Kauvar, M.D., founding director of New York Laser & Skin Care. So when you apply wrinkle cream, just put a dab on your finger and gently tap from the inner to the outer corner of your eye without dragging or pulling the skin as you move your finger.

CLINIQUE ANTI-FATIGUE EYE GEL
Cooling roll-on gel that instantly revitalises tired-looking eyes. *clinique.com.my RM143*

BRUSHING YOUR TEETH

If you use a manual toothbrush, you're probably brushing for only about 30 seconds and also pressing too hard, says Manhattan dentist Shadi Hosseini, D.D.S. As a result, you risk enamel abrasion and receding gums, both of which can leave roots susceptible to damage. "Where the enamel is thin, cold liquids or air can cause nerve sensitivity," Dr. Hosseini says. Try a Sonicare toothbrush: It delivers up to 31,000 brushstrokes a minute, and its pressure sensor vibrates if you scrub too hard.

PHILIPS SONICARE FLEXCARE+
Five brushing modes for complete teeth and gum care. *philips.com.my RM635*

TREATING YOUR ACNE

Who hasn't been tempted to detonate a whitehead? But it's wise to keep your fingertips far away from pimples, Dr. Kauvar says. The pinch that provides short-term relief will just make the situation worse. "Popping zits can lead to inflammation and increase the chances of scarring," she says. Practice patience: Use a pea-sized amount of a product containing acne-fighting ingredients, such as benzoyl peroxide or salicylic acid, to help reduce inflammation and soothe the area.

T3 PIMPLE GEL PLUS
This salicylic acid formula goes on clearly. *watsons.com.my RM18.95*

DRYING YOUR HAIR

When you're in a rush, it's tempting to manhandle your mane. But aggressive drying can lead to breakage, says Amy Komorowski, a stylist who's worked with celebs like Ryan Gosling and Justin Timberlake. Instead, pat your hair down with a towel and then remove excess water by running your hands through the strands, says Komorowski. "Guys with some length should also use a wide-toothed comb to detangle their hair gently without pulling it," she adds.

SCHWARZKOPF BC OIL MIRACLE SHAMPOO
Leaves hair supple, lustrous and healthy looking. *lazada.com.my RM228.50*

PHILIPS

PROTECTS 10X BETTER VS REGULAR BLADE*

Featuring comfort profiled blades, Philips S5420 offers you 10 times better protection than a regular blade against nicks and cuts while enabling it to glide smoothly along your face. In addition, the 100% waterproof shaver is fitted with a five-directional flex head for a fast and close shave even on the neck and jaw line.



WIN! Philips Aquatouch S5420 Shaver (see page 113)





Smart Click Cleansing Brush RQ585
This brush attachment comes with 32,000 active bristles to remove dead skin cells and increase circulation, leaving your skin smooth and healthy looking.

* Test done in Germany 2015 after 21 days acclimation

Learn more about the Philips' Personal Care range for men at www.philips.com.my



Do Good. Pass It on

Social activist Syed Azmi Alhabshi opens up about how he stays focused on his life mission and how you can be the change you want to see in the world

"I STILL GET DEATH THREATS today. I still get people throwing stuff at me. Every time I go out, I need to brace myself, saying 'If something happens, it happens.'"

Flashback to October 2014. Syed Azmi Alhabshi, social activist and organiser of *I want to Touch a Dog*, goes into hiding for fear of his life following the furore from Muslim fundamentalists in Malaysia. "It was an awareness programme that we created so people would have the right idea about dogs," he explains of its origins. "Like how to handle a dog in distress, not to be afraid of dogs, even how to cleanse yourself after handling them. That was basically it."

Despite the clear-cut objectives and having consulted with the relevant authorities on Islamic law, some sensitivities were offended; the event was perceived as an attempt to corrupt the sanctity of Islam. What followed next can only be described as pure outrage – Alhabshi received over 2,000 messages on his phone, not to mention threats on social media, condemning his move. More than a year later, he reflects on what he's learnt: **"When you're at the lowest of your lowest, there's no other way to go but up. The stand that I took was to move forward to things that matter."** His experiences haven't just made him stronger – they've cemented his resolve. "I made a deal with God. That if I do good things, He will give me back two things: health and an extra one hour. The extra hour is for myself and the 24 hours are for the people. I actually believe in that very much."

Today, Alhabshi shows no signs of slowing down. A key player in the local philanthropy movement, he reaches out to the marginalised almost on a daily basis and creates awareness of what he does via Facebook posts (he's amassed a following of over 60,000). He talks about how you can give back, saying it's always possible to offer your money, time, energy or knowledge as they're all assets. **"Look at your strengths and weaknesses from those four corners. Offer the best that you can."** Don't forget that volunteering should always be an act that brings you joy too. "It's not a dictatorship. I want to bring out the best in you. Even if you're strong but you love drawing poster designs, I'd rather have you sketching and creating artwork."

"Ideas are not novel," Alhabshi points out. "Ideas have been around – it's just a matter of the right person picking them up and making them big. Having this understanding will make you a bit more humble. Then you'll know that all this –" he gestures with his palms facing upward "– it doesn't last long. **The Malay word for it is *duniawi*, all this earthling stuff. Why are we so gung-ho and fighting over things that are temporary?"**

LOOK WITHIN FOR THE CHANGE WITHOUT

BE THE CHANGE YOU WANT

"If I thought this community right now is enough, that I'm comfortable with the way we're living, then I wouldn't make any changes. Unfortunately, I don't think the standard of old folks in this country is something I want to be a part of. I want to have a better lifestyle when I'm old. That motivates me to change fast, because when the time comes, I'll be ready."

LOVE THY NEIGHBOUR

"If you want to do volunteering work within the community, first check whether you are good to your neighbour. If you don't even talk to your neighbours, try again. They're the most important people in your housing area – they'll be the first to help you if anything happens. How can you prepare to communicate with the rest of the public if you can't even get communication between you and your neighbour ready?"

PREVENT BURNOUTS WITH GOALS

"Have an end-point in mind all the time. Ask yourself, 'Why am I doing this?' Every time I do something, I ask myself, 'Why am I in this?' If I believe in a cause so much, I'll go through it till the end. I don't have regrets, and this helps prevent from burning out."

COMMUNICATE BEFORE YOU CONNECT

"I don't like the word 'network' because it sounds like business. It's important to communicate. When you network, you have an end-point in mind because you're working towards a target you need. It's important to communicate with the people around you: When it doesn't matter that you don't know who they are, you'll learn not to judge."

WORDS **ANIS TAUFIK** PHOTOGRAPH **HIZWAN HAMID**

LOOK GOOD, FEEL GOOD

Ageing is an inevitable and natural process. The fact that it's natural, however, is not a reason to look old while you're still in your prime!

Modern anti-ageing treatments are becoming as popular with men as they are with women.

However when it comes to facial aesthetics, men have a very different set of considerations to take into account. Men's skin tends to be thicker and more difficult to treat; male facial muscles are also much stronger, thus rendering the desired outcomes very different to those of a woman. With that in mind, wouldn't it make sense to visit a clinic with plenty of experience in treating men? We think so! Our aesthetics doctors treat men on a regular basis, and have extensive training and knowledge on facial aesthetics for both men and women.

Our aim is to **increase facial attractiveness**. Masculinity and attractiveness are two significant components of male facial aesthetics, and we focus on these with the help of a variety of treatments.

The Dual Yellow Laser is exclusively available at The M·A·C· Clinic. It's a cutting-edge, multi-function laser technology that is gentle yet powerful. It uniquely produces two wavelengths to penetrate deeply, without creating collateral damage. With the Dual Yellow laser system, we are able to provide the most popular laser rejuvenation treatments for:



Bulky lesions
Skin tags, benign moles, seborrhoeic keratosis and other raised lesions are abnormalities in the skin tissue that vary in colour and texture. With the Dual Yellow Laser, the green-and-yellow light from the laser is absorbed by the tissue, removing the bulky lesion permanently without causing any bleeding.

Pigmented lesions
It's very common for most clients to worry about freckles, age spots, liver spots and melasma. The darkened skin discolouration normally appears on sun-exposed areas of the face (such as cheeks, forehead, nose or upper lip). They normally contain very high concentrations of melanin (or pigment) that is usually caused by too much sun, aging, genetics or injury. The green light from the Dual Yellow laser targets the melanin, thus reducing its production.

Vascular lesions
This occurs when the small capillaries in your skin become dilated and, when spread out, they are visible as threads. The yellow light immediately shrinks the capillaries to provide instant cosmetic results, as the yellow light is readily absorbed by blood to shrink the vessels.

Acne
The yellow light destroys acne bacteria as well as shrinks the sebaceous gland to reduce the production of sebum. This laser is the only type that targets the sebaceous gland to destroy bacteria, without damaging surrounding tissue. You will experience shrinkage and drying of the acne lesion the very next day and see further improvement on stubborn acne and skin texture with subsequent sessions. It even provides an alternative treatment for acne without strong oral medications!

Dark circles under the eye
As the old English proverb goes, "The eyes are the window to the soul," yet puffy eyes and dark circles are two common problems that men and women experience, both old and young. The appearance of unhealthy eyes can make you look older, ill or sleep-deprived. In this case, treatment with the Dual Yellow Laser very effectively lightens the pigmentation and produces excellent results.

"Brotox" and Fillers for Men
Looking rugged is one thing, but having too many wrinkles is quite another! Most of the men we treat want to retain a masculine look and, sometimes, a bit of ruggedness – but they usually want to look that bit younger.

There are two ways we can accomplish this. Wrinkle relaxants like Botox ("Brotox" is the term used for Botox applied to men) are typically used on the forehead and perhaps on "crow's feet" around the eyes.

Dermal fillers, on the other hand, can be used to smoothen out nasolabial lines and marionette lines, which run from the nose to the corner of the mouth and which run down from the mouth's corners.

Combining Botox and dermal fillers can give you a subtly younger and fresher look.



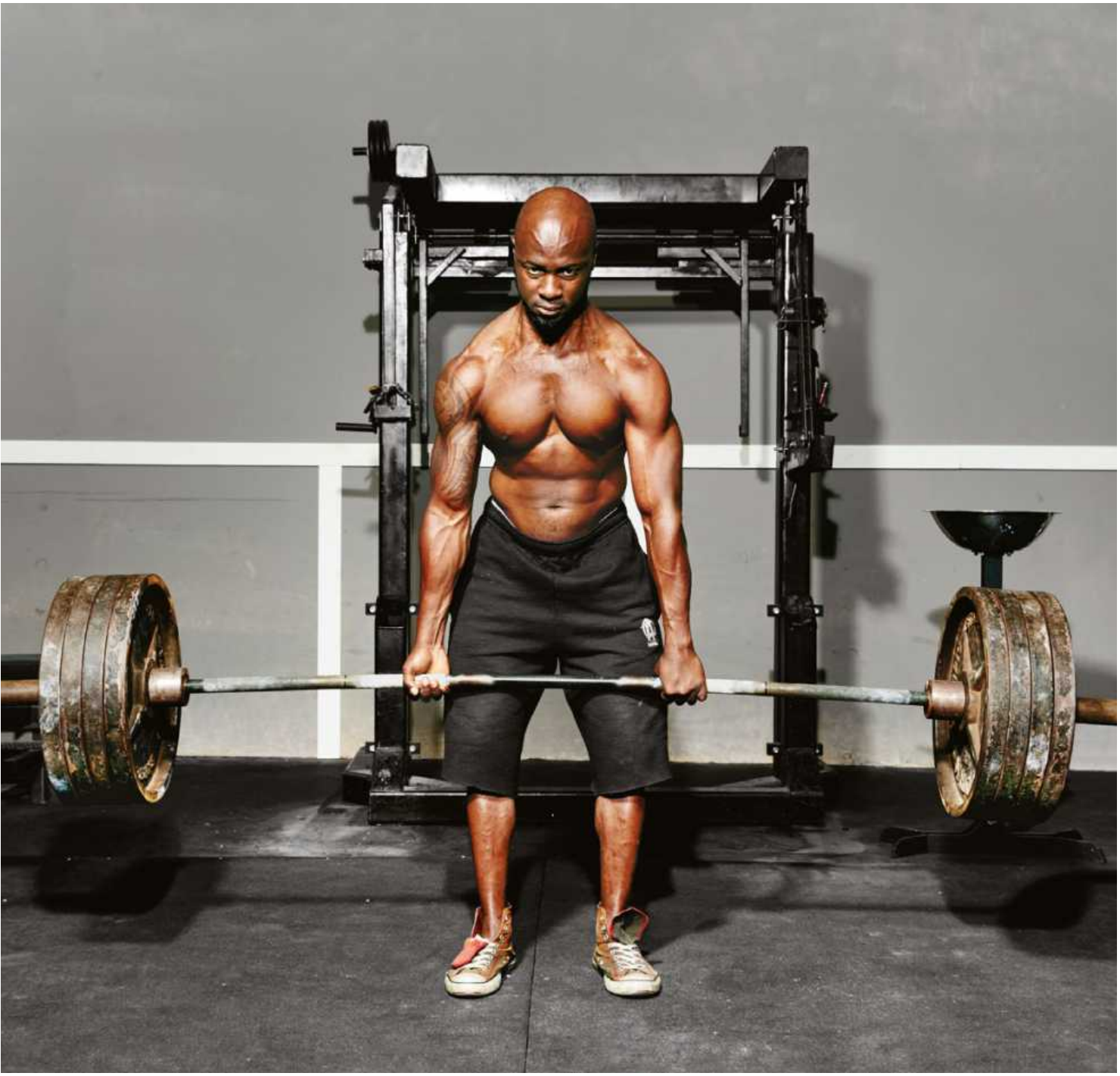
Dr Hew Yin Keat
MB BCh BAO (Ireland),
DIP. PRACT. DERM. (Wales)

The M·A·C· Clinic
S117A, 2nd Floor, Bangsar Shopping Centre, 285, Jalan Maarof, Bangsar, 59000 Kuala Lumpur, Malaysia. Tel: +603 2093 6136 Fax: +603 2093 7136

The M·A·C· Clinic
No 12, Lorong Maarof, Bangsar, 59000 Kuala Lumpur, Malaysia. Tel : +603 2283 1212 Fax : +603 2283 1001

OPENING HOURS
Monday - Friday: 11.00am - 6.00pm | Saturday: 10.00am - 2.00pm | Closed on Sunday and Public Holidays.
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m a c



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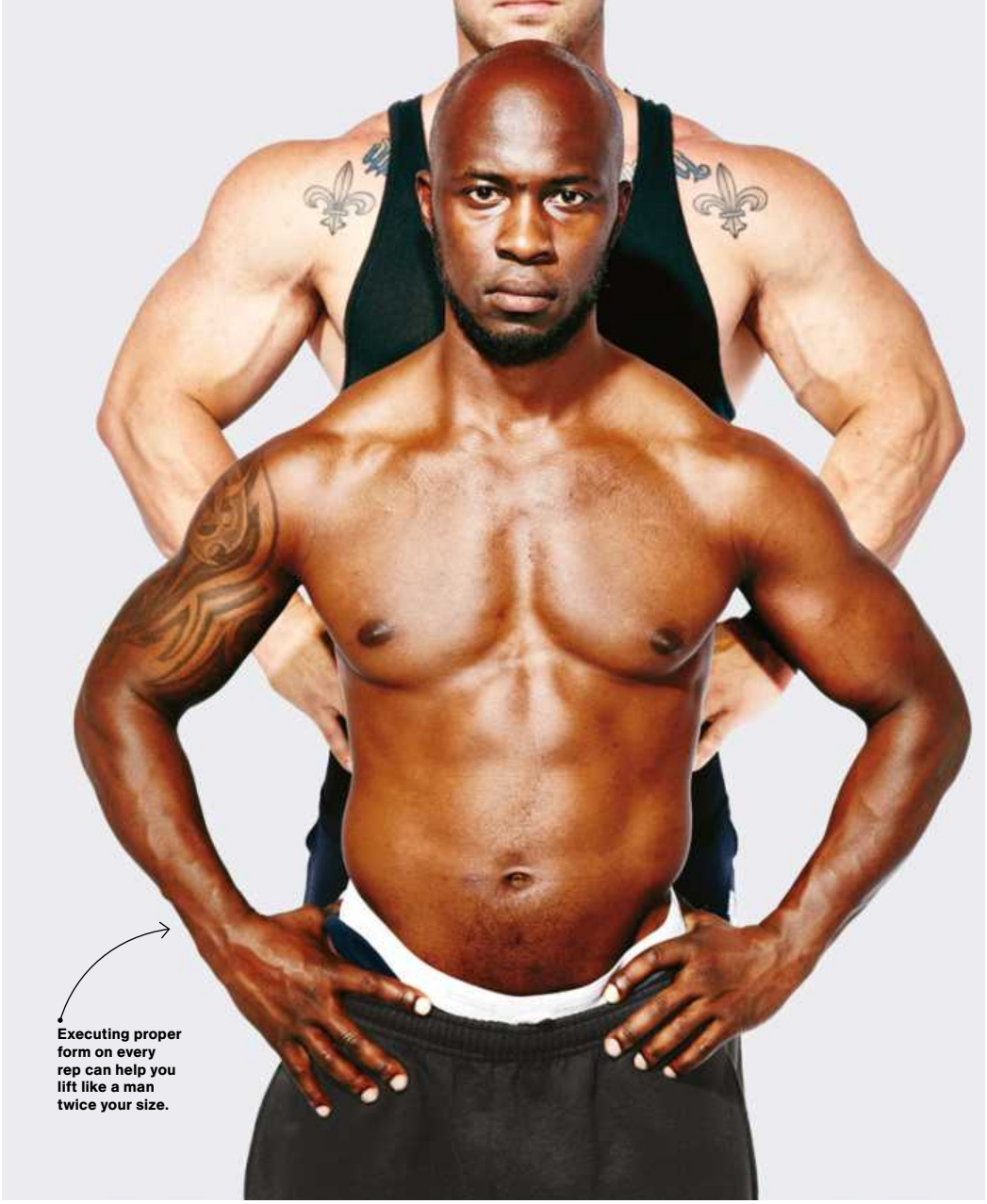
Move more iron and bust through your sleeves with training secrets from a guy who lifts five times his body weight

Richard Hawthorne chalks up and steps under the bar, pressing his shoulders into the textured steel. There's no forceful breathing. No grunting. No tough-guy histrionics at all. Hell, there's barely a sound as he readies himself for his heaviest lift of the day in his hometown gym in D'Iberville, Mississippi.

"Let's go," murmurs Winston Ceasear, a Mack truck of a man who's swapping sets with Hawthorne. "Easy weight."

The load on the bar is 165kg – an impressive but not unattainable weight for a seasoned lifter. But when you consider that Hawthorne, at just over 160cm and 60kg, intends to squat the equivalent of nearly three times his body weight, the picture shifts a little. Then you learn that

WORDS **ANDREW HEFFERNAN, CSCS** PHOTOGRAPHS **DAYMON GARDNER** EXERCISE ILLUSTRATION **+ISM**



Executing proper form on every rep can help you lift like a man twice your size.

the mass of iron is mere warmup weight for Hawthorne: He lifted a combined 667kg (11 times his body weight) in the squat, bench press, and deadlift at the 2013 CAPO Nationals in Tasmania. Now the picture shifts entirely: This diminutive strongman becomes a giant. In powerlifting circles, they call him the Ant.

Relative strength – how strong you are for your height and weight – is a valued commodity among athletes. Ballers use it to fly over the rim; sprinters use it to blast off the blocks. The rest of us need it to run fast, jump high, and crank out pushups. "It's the most important kind of strength you can have," says Mike Robertson, a former Team USA Powerlifting coach and co-owner of IFAST, a gym in Indianapolis. Here's how to build yours.

Focus on Core Values

For Hawthorne, this is rule number one, and to make his point, he nods to a nearby lifter setting up for a squat with his back arched and chest up. "That's how most guys do it," he says. "See how his abdomen stretches out? Your core is weak in that position." The immediate result is reduced power and performance, says Hawthorne, because your core is responsible for transferring force throughout your body and stabilising all movement. But repeated over months or years, the cumulative stress can land you in an orthopedist's office.

The solution: "Before every lift, brace your abs as if you're about to be gut-punched. That'll help you keep your ribs down," Hawthorne says. It will also lock down your core and flatten your back, enhancing total-body power and stability and maximising support for your spine. "In short, there's no reason not to do it," Hawthorne says.

To learn proper positioning, he recommends the hollow hold. Lie on your back with your knees pulled to your chest and arms by your sides. Press your lower back into the floor and lift your head and shoulders. Extend your arms over your head and straighten your legs, keeping your limbs off the ground. Hold as long as you can. Do this a couple of times a week, working your way up to a minute.

"It's harder than it sounds," Hawthorne says. Master it and you'll build some serious core strength. You'll also increase the activation of your biggest muscles – your quads, hamstrings, and glutes – by pushing them to work at their full capacity. "And *that* is relative strength," Robertson says.



INSIDER TRAINING

By David Jack

How long does it take to regain lost muscle?
– CRAIG

Science can't always yield clear-cut answers. However, strength training does increase the number of nuclei in your muscle cells. Those nuclei do everything from synthesising proteins to "remembering" movement patterns. Once you have those nuclei, you never lose them. If you stop training, they lie dormant, waiting to be activated. Start training again and you'll muscle up faster than you did the first time. In a month or two, you'll be a new you.

I want to outbench my buddy. How do I start?
– RODNEY

Just add more bench days to your routine. Simply bench-pressing more often – and with different rep ranges – can give your muscles a big, new stimulus, resulting in massive gains. Try this: On Monday, do 5 sets of 1 rep at 90 percent of your 1-rep max. On Tuesday, do 3 sets of 8 to 12 reps at 75 percent of your 1-rep max. On Friday, do 2 sets of 20 reps at 50 percent of your 1-rep max. Keep that up for a month.

David Jack is the owner of ActivLab in Phoenix. Follow him on Twitter: @davidjack1



" SOME GUYS SAY, 'IF THE WEIGHT GOES UP, IT'S A GOOD LIFT.' I DON'T BELIEVE IN THAT. YOU SHOULD PRACTICE PERFECT TECHNIQUE."

Pay Attention to Pain

For a guy who regularly hoists loads that could crush other men, Hawthorne is surprisingly averse to risk. He gave up on hoops (too jarring). He doesn't run (same reason). He passes on arm-wrestling challenges from *Men's Health* writers (not worth the trouble).

"The last thing I want is to pull a muscle doing something stupid," he says. He's equally careful in the gym. "Each rep, I pay attention to what I feel and make adjustments."

Tempo, smoothness, and discomfort factor into his evaluation. If something feels off, the set is over. "You may think you're tough by ignoring pain, but you're making things worse," Hawthorne says.

A better approach? "Do moves that work the same muscles without the hurt," says trainer and elite powerlifter Greg Nuckols. If deadlifting makes you wince, do 2 to 4 sets of high-rep (lightweight) leg curls instead. Lower back hurting you? Trade squats for stepups with a pair of light dumbbells.

"Doing light work on the injured area can maintain muscle mass for months," Nuckols says.

Perform Flawlessly

Conventional gym wisdom holds that if you specialise too narrowly in one activity – say, weightlifting – your abilities in others – cycling, running, soccer, basketball, and so on – wane; hence the lifter who gets winded running a mile and the marathoner who can't do a pushup or squat more than a bare barbell.

But Hawthorne, who can dunk a basketball and move with the grace of a boxer, is living proof that exceptional strength and explosive athleticism can co-exist. The secret, he says, is to maintain perfect lifting mechanics always.

Hawthorne believes that powerlifting's Big 3—squat, deadlift, and bench press—can teach your body skills that translate far beyond the gym: pushing explosively through your feet, protecting your spine by keeping your back straight and core stiff, and recruiting the powerful muscles in your hips and thighs more effectively. And science backs him up: In a 2009 Canadian study, heavy squatting helped soccer players jump higher and run faster.

"But that only works when your form is spot-on," Hawthorne says. When you lift weights, he explains, you're doing more than just building muscle; you're teaching your body to move more effectively. "Smooth, efficient lifting leads to smooth, efficient moves on the court or field, and crappy lifting leads to crappy movement."

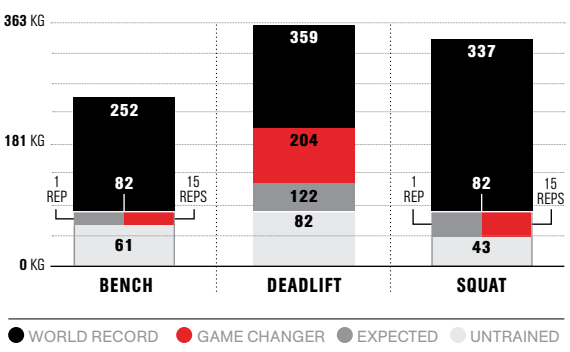
Hawthorne contends that he is able to jump high not because he practices jumping but rather because his years of immaculate squatting and deadlifting have taught him how to put more than a quarter ton of force into the ground. "Some guys say, 'If the weight goes up, it's a good lift,'" says Hawthorne. "I don't believe in that. You should practice perfect technique with every repetition, whether you're lifting 60 pounds or more than 600."

One key to executing every lift with flawless form: Do one or two warmup sets (using half the weight you'd normally use) before you begin your regular sets of the squat, deadlift, and bench press. "They do more than just prepare your muscles and connective tissues for heavy loads," Robertson says. "They improve your control and technique. Take them seriously and your regular sets will feel much smoother."

RAISE YOUR STANDARDS

THINK YOU'RE STRONG? SEE HOW YOU DO IN POWERLIFTING'S "BIG 3."

Being fit comes with expectations. "You should be able to bench and squat the equivalent of your body weight, and deadlift 1½ times your body weight," says trainer Dan John, the author of *Intervention*. But for game-changing strength, you need to raise your standards. That means completing 15 reps with the equivalent of your body weight in the bench and squat, and 1 rep at 2½ times your body weight in the deadlift, John says. (See the chart for an example.)



"Game Changer" and "Expected" are based on standards for a 82kg man; "World Record" is based on the 82kg weight class.


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Ditch the Abs. Hitch the HIIT

PART 1

Stop doing those endless crunches and situps. Torch fat and unveil those washboard abs with this high-intensity interval training programme

THE END IS NIGH. For 2015, at least. If you're planning to add "get abs" to your list of New Year's resolutions for 2016, roll up your sleeves (you can lose the shirt *after* you've undergone the programme we're about to introduce you to) and get ready for some serious hard work. And the best thing? No crunches or sit-ups.

Jerrican Tan, CSCS, fitness educator at FIT Malaysia and *MH* adviser, shares the secret behind unveiling your six-pack abs. "Your goal is to 'melt' the fats," he says. "The only way of doing that is to raise your heart rate or metabolism by increasing exercise intensity or building larger mass. Doing situps or crunches alone burns minimal calories." What's unique about the programme here? "It gives you the afterburn, where more calories – mostly from fats – are burnt after exercise. The HIIT [high-intensity interval training] programme also saves you time and can be very engaging." So what are you waiting for? Try out Part 1 of this unique two-month programme on these pages and get ready for some intense fat blitzing.

MONTH 1



DAY 1

1/ Dumbbell Squats

[A] Hold a pair of dumbbells in each hand at shoulder level, with your feet shoulder-width apart. Place the dumbbells in front of your shoulders, but don't fully rest them against it.

[B] Lower your body slowly until your thighs are parallel to the floor. Keep your back flat and chest up, out and proud. Ensure that your shins are parallel to your torso. Drive the weight upward through your entire feet as you return to the starting position.

Do 6 to 8 reps maximum.



2/ Bent Over Barbell Row

[A] Hold a barbell with an overhand grip with your hands shoulder-width apart. Push your hips back, bring your torso forward and keep your knees slightly bent with your back straight. Your shoulders should be in line with your forefoot.

[B] Pull the barbell up until your upper arms are parallel to the floor or slightly higher while keeping your elbows close to your body. Keep your core braced throughout and squeeze back muscles for one count at the end of the movement. Return to the starting position.

Do 8 to 12 reps maximum.

EXERCISES

Month 1

DAY 1
Dumbbell Squats
Bent Over Barbell Row
Pushups

DAY 2
Dumbbell Lunges
Dumbbell Bench Press
Kettlebell Swings

ACTIVE RECOVERY
Shoulder Circles
Prone Thoracic Rotation
Child Pose to Cobra

DIRECTIONS

Perform the exercises four times a week, alternating between Day 1 and Day 2, before resting on the third day.

Perform all the exercises listed as a circuit, moving from one to the next with no rest time. For example, one set of Day 1 for Month 1 entails squats, bent over barbell rows and pushups.

Aim to complete between three to five circuits for each day. Do the moves listed below as part of your active recovery between sets.

ACTIVE RECOVERY

Do the moves below as part of your active recovery between sets:

- Shoulder Circles (5 inner circles, 5 outer circles)
- Prone Thoracic Rotation (5 inner rotations, 5 outer rotations)
- Child Pose to Cobra (5 reps)

WORDS **ANIS TAUFIK** PHOTOGRAPHS **DAMIEN KHOO/VIPHOTOGRAPHER** MODEL **AARON CHEW** LOCATION **FIT MALAYSIA**



3/ Push-ups

[A] Get into a standard push-up position with hands slightly more than shoulder-width apart.

[B] Lower your body to the ground while maintaining a straight form. Return to the starting position. Do 12 to 16 reps maximum.



DAY 2

1/ Dumbbell Lunges

[A] Stand holding dumbbells at your sides, palms facing inward.

[B] Step forward with one foot and lower your body until your front and back knees are bent 90 degrees, and your back knee is about an inch off the floor. Push back up and repeat with the other leg.

Return to the starting position. Do 6 to 8 reps maximum for each leg.



2/ Dumbbell Bench Press

[A] Lie on a bench and hold the dumbbells in each hand. Brace your core and plant feet firmly on the ground. Maintain your hips, upper back and the back of your head on the bench. Press the dumbbells up over your chest.

[B] Lower the dumbbells while keeping your elbows at a 45-degree angle to your body. Keeping your wrists neutral, gently touch the dumbbells to your chest without bouncing. Pause, then drive the weight back up.

Return to the starting position. Do 8 to 12 reps maximum.



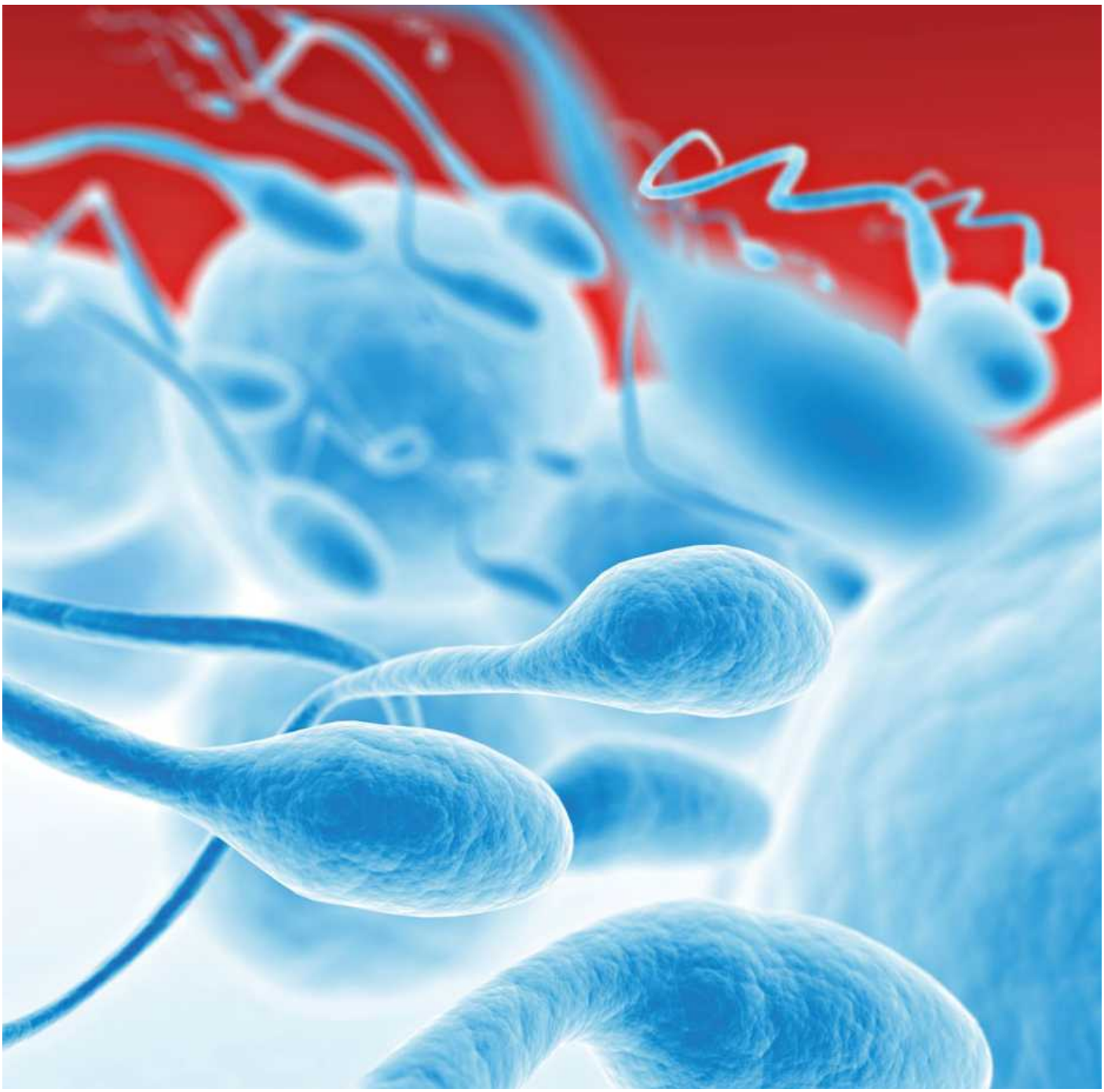
3/ Kettlebell Swings

[A] Stand with your feet shoulder-width apart. Bend your knees slightly and hold a kettlebell between your legs.

[B] Swing up explosively and raise the kettlebell up, until your arms are parallel to the ground.

Do 12 to 16 reps maximum.

Check out our **January 2016** issue for **Part 2** of this workout series!



The Drying Ammunition

Could you be firing blanks? *Men's Health* adviser Dr George Lee delves into the latest trends of infertility and reveals why we shouldn't panic (yet)

PHOTOGRAPH ISTOCKPHOTO



"THERE IS A TIDE IN THE AFFAIRS OF MEN, which taken at the flood, leads on fortune. Omitted, all the voyage of their life is bound in shallow and miseries." This is a profound quote from William Shakespeare's Julius Caesar.

Every man sets out on their journey of life assuming they have God's given right of fertility. In my line of work, treating young, virile and sexually active men facing the issue of infertility is like witnessing a crumbing "fortune" and a silent "voyage of defeat" beyond one's control.

Up to 15 percent of couples are infertile. By definition, this is the inability to conceive a child despite frequent unprotected sexual intercourse for a year or longer. Gone are the days when the burdens of such deficiency is solely shouldered by the female partner, as statistics have revealed that up to half of the etiology of infertility is male-related. Recent studies have also demonstrated a tremendous amount of emotional frustration and guilt in men who are unable to father a child.

A 1992 publication of *The British Medical Journal* highlighted a review of 61 studies of semen qualities accumulated between 1938 and 1990, and it revealed a shocking finding of declining sperm counts. Carlsen and her colleagues concluded from the finding that sperm numbers had halved in more than 50 years. Although the data did not indicate the reasons or future trends of the decline, but mass interests and publicity had seeded the idea that, beyond doubt, the future of male reproductive role is facing a prospect of an apocalypse.

More than a decade following the initial report, researchers from St Maurice had reignited the mystery of the falling sperm count. The *Journal of Human Reproduction* outlined the semen analysis from 126 fertility clinics in France, with the average being 35 year-old men, which is considered to be representative of the general male population. Between 1989 and 2005, the average sperm counts were noted to have fallen by a third, from 26,000 analysed. Both the quantity and quality of sperm declined progressively throughout the 17 years. The "worrying pattern" was noted to be at a rate of 1.9 percent a year, from 14 million per millilitre in 1989 to 50 million per millilitre in 2005.

This latest research had prompted scientists to debate implications globally. Many deemed the results to constitute a "serious public health warning" and linked the deterioration of fertility with the rising incidence of testicular cancer. Others are quick to incriminate radiation and environmental contaminants such as herbicides, pesticides and even the estrogens in the water, excreted by women taking oral contraceptive pills. Of course, the sedentary lifestyles of the modern age – examples of which include obesity and lack of exercise – were not spared in the faultfinding mission to solve the "sperm crisis".

So, is all of this scientific evidence really pointing to an armageddon of catastrophic proportions in men's fertile health?

First of all, the practical techniques and statistical methods of analysing sperm have evolved tremendously, which makes the comparison of the 61 studies over five decades almost meaningless. Besides, there was also large variability in both the sample collection methods and demographic of "volunteers", which could potentially skew the figures.

In the French studies, though sperm counts had dropped drastically in some places, in other geographical locations within the same country, the quality remained stable, while some had even enhanced during the study intervals. Such geographical variations were also evident from other observations in Finland, the Netherlands and New York. Obviously, the vast majority of fertility studies was conducted in western countries, and certainly may not be a reflection of male reproductive health in Asia. This led to a call for more investigations to be conducted in Asian nations.

The truth is, though the count is declining to an average of 50 million sperm per millilitre, the level is still well above the threshold of 15 million sperm per millilitre, which is defined by the World Health Organization (WHO) as the quantity deemed insufficient for the purpose of childbearing.

The current state of understanding of the marvel of creation may not be immaculate, but several measures have been proven to improve the quality and quantity of sperm and conception:

- Start family planning early. A young age is well known to be the best prognostic indicator for fertility for both men and women.
- Frequent sex is good, but strategic timing of intercourse during ovulation is better.
- Weight loss and regular exercise have been associated with better sperm counts.
- Balanced dietary intake, and including anti-oxidants, zinc and vitamin C in one's diet, also leads to enhancement of one's fertility.
- Avoiding smoking and alcohol in moderation will both help too.

An extract from Shakespeare's *Macbeth* best sums up the current state of affairs when it comes to male infertility: "If you can look into the seeds of time, and say which grain will grow and which will not, speak then unto me." When it comes to the potential of every man's "seeds of love", the scientific evidence may not be as conclusive as previously thought. However, for the sake of the future of mankind, more focused studies on men's reproductive health cannot be ignored!



Man Meats Grill

Beat the end-of-the-year crowds at restaurants and hotels by learning how to grill your own steak at home

LET'S BE FRANK. Although we've long left our Neanderthal days, there's still something intrinsically primal about being able to work the flames to grill meat and to impress our mates. Put your cooking skills to the test and cap off 2015 with the following recipe: grilled steak with a side of roasted vegetables.



THE EXPERT

Michel Eschmann
Executive Sous Chef,
Grand Hyatt Kuala Lumpur

AUSTRALIAN WAGYU RIB	
800 TO 900G (WITH BONE)	
BASTE	
300G	OLIVE OIL
150G	BUTTER (UNSALTED)
125G	FAT FROM COOKED MEAT
60G	VINEGAR OR WHITE WINE
60G	LEMON JUICE (FRESHLY SQUEEZED)
2TBSP	GARLIC (CHOPPED)
2TBSP	THYME LEAVES
2TBSP	SEA SALT
2TBSP	BLACK PEPPER
1TBSP	RED PEPPER FLAKES
1TBSP	SHALLOT (CHOPPED)
1TBSP	BROWN SUGAR
WORCESTERSHIRE SALT SEASONING	
250G	SEA SALT
125G	WORCESTERSHIRE SAUCE
1TBSP	GROUND BLACK PEPPER
1TBSP	SOY SAUCE
ROASTED VEGETABLES	
1	POTATO
1	EGG PLANT
¼	PUMPKIN

A

Best of the Baste

Prepare the baste a day or two before you grill the meat.

1. Combine all of the ingredients in a saucepan.
2. Bring it to just a simmer, mix it occasionally, and remove from heat.
4. Once the baste has cooled, transfer the mixture into a tightly sealed container.
5. Keep it refrigerated for a day or two to develop the best flavour.
6. Melt the baste over low heat before grilling. Reheat the meat together.

WORDS **ANIS TAUFIK** PHOTOGRAPHS **HIZWAN HAMID**

B

Worcestershire Salt Worship

Prepare the Worcestershire salt a day or two before you grill the meat.

1. Combine salt and Worcestershire sauce in a bowl, and stir it well.
2. Add all ingredients in a bowl and mix them well.
3. Spread the mixture into a thin, even layer over a parchment-lined tray. Dry it in the hot box, or dry heat it in an oven at 80° Celsius.
4. Store it in an airtight container. The Worcestershire salt can be kept at room temperature for up to one month.

C

Mate, Meet Your Meat



1. Place the meat on a plate before seasoning and pat it dry to wipe off excess blood and fluid.

TIP: You could lose 50 percent of the seasoning during grilling, so ensure that you season the meat well before.



2. Season the meat with salt and pepper.

TIP: Salt helps extract the meat's natural juices, adding to its flavour. It also almost caramelises on the grill, improving the meat's texture.



3. Place the meat on the grill.



4. Brush the meat with with the baste using rosemary sprigs.



5. Turn the meat over after one minute.



6. Baste the other side evenly with rosemary sprigs. Make sure you baste the meat each time you flip it.



7. After you're done grilling the meat, let it rest on a wire rack to ensure adequate cooling and ventilation.

TIP: Let the steak rest between 15 to 20 minutes (the rest time may vary, depending on cooking temperature and how long it's been on the grill). For a medium-rare steak, the core temperature rises to about 54° Celsius and the juices become centred. Resting lets the juices disperse evenly through the steak – a telltale sign that a steak wasn't given enough rest time is the juices flowing out when the meat is cut.

D

A Toast to Roasted Veges

1. Slice the potato, pumpkin and eggplant into wedges.
2. Place the sliced veges in a baking tray.
3. Drizzle with olive oil and sprinkle some cooking salt over it.
4. Bake in an oven at 180° Celsius for between 20 to 25 minutes.

TIP: Be creative with the vegetables that you roast. Other great alternatives worth trying out include sweet potatoes, portobello mushrooms and zucchinis.

E

Pleased to Plate



1. Hold the steak by the bone and slice it into several strips.
2. Sprinkle some Worcestershire salt on the beef and serve with a side of roasted vegetables.
3. Enjoy! The meal serves between two to three persons.



COOKING HACKS 101

The kitchen can be a daunting place, but cooking isn't exactly rocket science. We snagged five minutes with Adam Liaw, winner of MasterChef Australia 2010, for his personal cooking hacks. Steal his secrets and cook like a pro!

- "Texture is more important than flavours. People in professional kitchens take care to cut and slice properly. The difference between medium and rare steak is just the texture, not the flavour."
- "Use a zip-locked bag to marinate your meat. The shape allows the marinade to get in contact with more of the beef, compared to marinating in a bowl."
- "Be mindful of how you cut fresh herbs; don't cut them too fine. Cut once and leave them. If you do it once and well, they should be small enough for the flavours. When they're too fine, the flavours will slide off your mouth and escape."
- "Have a little tray or plate to put the spoon or spatula on while cooking. It's easy to clean when you're done!"



Tell the Big C to Go F Itself

This deadly disease is on track to take down more than just your prostate. Plot your counterattack now

BY NOW YOU KNOW THAT CANCER has a shit list. At the top? Your prostate. Yet during all that time you've been following our advice (we hope) to guard your gland from harm, cancer has been steadily rounding up more victims. In fact, diagnoses among men are expected to increase by 24 percent from 2010 to 2020, according to a 2015 study from the CDC. The main casualties? Kidneys, liver, pancreas, thyroid, and skin—even your testicles made the list. But you don't have to cower in the face of cancer. This anti-tumour plan will give you the balls to tell cancer to f**k off.

WORDS **JULIE STEWART** ILLUSTRATIONS **FOREAL & EVERYTHING STUDIO**



Trust the force. A cancer-free galaxy doesn't have to be far, far away

Pancreatic Cancer

+37%*

WARNING SIGNS Newly diagnosed diabetes, loss of appetite, unintended weight loss, jaundice, back or abdominal pain

Pancreatic cancer is a total sugar fiend. The disease's rise can be attributed in part to skyrocketing diabetes rates, says Harvey Risch, M.D., Ph.D., a professor of epidemiology at Yale School of Public Health. That's because cancerous pancreatic cells rely on glucose for growth, he says. And though tumours in general are bad news, they're especially dangerous if they develop in the pancreas. The organ sits next to important blood vessels, making a mass very difficult if not impossible to remove, Dr. Risch says.

F THE BIG C Hit the weights to protect your pancreas. In a *Journal of Strength and Conditioning Research* study, people who performed 50 minutes of high-intensity resistance training for seven weeks reduced their fasting glucose levels by about 13 mg/dl after just 10 minutes of recovery postworkout. Your muscles burn blood sugar for fuel in order to grow, the study authors say.

CANCER DIAGNOSES AMONG MEN ARE EXPECTED TO INCREASE BY 24 PERCENT FROM 2010 TO 2020

Liver Cancer

+62%

WARNING SIGNS Weight loss (without trying), no appetite, abdominal swelling, nausea, vomiting, yellowing skin and eyes

Our livers are starting to look more like lumps of lard. Part of the uptick in liver cancer diagnoses is linked to the steady rise in non-alcoholic fatty liver disease (NAFLD), which already affects about 20 percent of U.S. men, says Hashem El-Serag, M.D., M.P.H., chief of gastroenterology and hepatology at Baylor College of Medicine. Fat deposits that build up in your liver can lead to cirrhosis. "If your liver suffers a lot of damage over time, it's unable to repair itself in a normal way. That's the setup for cirrhosis and cancer," says Dr. El-Serag.

F THE BIG C Stay far away from fructose: In a *Journal of Hepatology* study, people who drank a sugary beverage daily were 61 percent more likely to develop NAFLD than those who drank none. Instead, feed your liver what it loves: coffee. Researchers in Australia found that coffee's polyphenols may suppress fat accumulation in your liver.

Testicular Cancer

+16%

WARNING SIGNS A lump in your testicle, an aching feeling in your lower belly or scrotum, a change in the size or shape of your testicles

Researchers can't figure out why testicular cancer is grabbing so many men by the balls. But a few risk factors may be at play, including changes in diet and environmental exposure to carcinogens, says Phillip Gray, M.D., an assistant professor of radiation oncology at Harvard Medical School. Another threat? Your family. Estimates show that if your dad or brother had testicular cancer, your risk of developing the disease increases as much as tenfold.

F THE BIG C Because the reason for the rise of testicular cancer is so elusive, Dr. Gray says the best prevention tactic is to catch it early. (It helps that the five-year survival rate for all stages of this disease is 97 percent.) At least once a month, while you're in the shower, give your boys a hand by checking for lumps or any changes in shape. Visit *cancer.org/cancer/testicularcancer* to learn the right way to feel yourself up.

CANCER CLUELESS

IGNORANCE IS BLISS? NOT IF YOU WANT TO SURVIVE THIS DISEASE



Percentage of folks who don't know any signs or symptoms of cancer



Percentage of men who avoid the doc because "cancer" means "death"



Percentage of men with cancer who waited more than three months to seek help

Sources: Cancer Research UK, *Journal of Health Psychology, British Journal of Cancer*

*The projected increase in cancer diagnoses for men from 2010 to 2020



Individuals who run 2½ hours weekly slash kidney cancer risk by 61 percent

Melanoma

+30%

WARNING SIGNS "Ugly duckling" moles that are larger than 5mm across, have uneven borders or odd shapes, or are changing colour

"Men are being burned by their shoddy sun-shielding habits," says Julie Russak, M.D., a New York City dermatologist. About 86 percent of melanomas are the result of exposure to UV radiation from the sun, according to a *British Journal of Cancer* study. Yet a National Cancer Institute survey found that only about 20 percent of guys slather on sunscreen, versus more than 40 percent of women. Plus, when guys do wear sun-protective clothing, it's often not the best kind: Most men put on a baseball cap, which doesn't fully shade the face, neck, and ears. A wide-brimmed hat, like the God Father from Goorin Bros. (*www.goorin.com*), is better.

F THE BIG C SPF is still the best skin-saving strategy–even in winter, says Dr. Russak. Cover your mug daily in Kiehl's Facial Fuel UV Guard Sunscreen SPF 50+ (*www.kiehls.com*). This lotion has 10.5 percent vitamin C, which can help repair your damaged dermis. The antioxidant neutralises free radicals that are produced in your skin after sun exposure, say researchers in India. And set up an annual date with a dermatologist to make sure your moles aren't malignant. If the exam involves using MelaFind, all the better–this handheld device resembles a hair dryer and lets doctors see up to 2.5 millimeters below your skin's surface. That's important, says Dr. Russak, because some melanomas grow in depth, not diameter. You can find a skin doc who offers it by using the "dermatologist locator" at *melafind.com*.

Kidney Cancer

+40%

WARNING SIGNS Red or pinkish pee, low-back pain on one side, a lasting fever not caused by infection, a bump on your side or lower back

These bean-shaped organs have the tough tasks of regulating blood pressure and turning waste in your blood into urine. Yet how do you repay them? By packing on extra kilos. That's a problem because weight gain causes a boost in blood pressure and throws your metabolism out of whack. Those changes, in turn, may invite inflammation that promotes the development of tumours in your kidneys, says Steven Campbell, M.D., a Cleveland Clinic urologist.

F THE BIG C There are thousands of steps you can take to protect your kidneys. A study from the Lawrence Berkeley National Laboratory concluded that people who walked or ran for at least 2½ hours a week were 61 percent less likely to develop kidney cancer than those who moved less. And exercise, of course, will help keep both your weight and BP in check. Speaking of which, your systolic BP should stay below 120 points; recent research in the journal *Hypertension* found that men with higher readings were up to 87 percent more likely to die of kidney cancer.

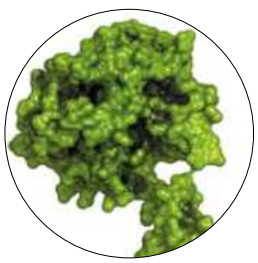
Thyroid Cancer

+66%

WARNING SIGNS A lump or swelling in the neck, trouble swallowing, a hoarse voice or cough that won't go away

You're surrounded by an invisible cloud of carcinogens and radiation. First, the fumes: Scientists noted a surge in thyroid cancer rates that aligns with the increased use of flame retardants applied to furniture and household goods since the 1970s. When inhaled, these chemicals screw with your thyroid by mimicking endocrine hormones. This can disrupt thyroid function, explains Robert Udelsman, M.D., an endocrine surgeon at Yale Cancer Center. As for radiation, the amount you're exposed to today is double that of 25 years ago. Dr. Udelsman says that's due to our increased use of dental x-rays and CT scans, often performed in the head and neck region.

F THE BIG C You can't torch your flame-retardant furniture, so regularly clear the air in your home by using a HEPA-filtered vacuum. Then dust with a damp towel to prevent spreading chemical-laden particles around. And speak up at the doctor's office: If your M.D. ever says you need an x-ray or CT scan, ask if an MRI or ultrasound will suffice, says Dr. Udelsman.



A BETTER PSA TEST?

TAKING A PISS MIGHT BE THE PERFECT FIX FOR THIS IMPERFECT EXAM.

- ### PCA3 TEST

 This urine test measures your level of the prostate cancer antigen 3 gene, a marker that rises as cancer cells proliferate, says John Thomas Wei, M.D., a professor of urology at the University of Michigan. So unlike the PSA, the PCA3 test can help discriminate between actual cancer and benign conditions, such as prostatitis or benign prostatic hyperplasia. If your PCA3 level is high, you need a biopsy. It costs about RM2,000, so ask your insurance company if you're covered.

- ### MiPS TEST

 The Mi-Prostate Score measures both T2:ERG (an abnormal fusion of two genes that indicates prostate cancer) and PCA3 for an even better assessment of your risk. A study in *European Urology* found that men with the highest levels of T2:ERG and PCA3 had the highest rates of cancer detection. The MiPS also lets doctors determine if a tumour is high-risk or low-risk. Your M.D. can order the test, but some insurance companies don't yet cover it, so you might have to pay about RM3,500. –J.S.

PHOTOGRAPHS ISTOCKPHOTO

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A Tale of Two Continents

Istanbul is one of the most fascinating cities in the world, and a great place to combine adventure with a dash of culture

IT MAY BE A LONG WAY FROM Malaysia, but Istanbul is one of the most interesting and culturally rich cities in the world. It's an ideal stop while travelling in Europe, or as a destination in its own right.

There's nowhere else quite like Istanbul, the true geographical and cultural gateway between east and west. From its Middle Eastern-style backstreets to its ancient Greek and Roman architecture, it is a richly blended and highly spiced destination – a great place for just about anybody to visit.

ROUTE MASTER

HIGH FLYING

If you're looking for an adrenaline-fuelled and unusual way to see the best of Istanbul, sign up for a helicopter tour of the city. There are several companies that offer all kinds of flights, some of which are not as expensive as you may imagine. Prices start from €65 for a middle seat on a short flight, but a window seat is worth paying a little more for, and sunset is a great time to see the city. Check out *helicoptertouristanbul.com*.

WET AND WILD

This ancient city is divided by the mighty Bosporus River, which separates Asia from Europe. Being surrounded and dissected by water means Istanbul and its surrounds are prime for water sports.

You don't have to travel far to find top-quality rafting or kayaking, be that on a day trip or a multi-day adventure. In fact, a kayak is a great way to see the city from a different angle. Check out *turkeyrafting.com*.

RIDE ON

You might feel daunted by the prospect (or lack of prospects) of cycling in Istanbul. But the good news is, the city is infinitely amenable to discovery on two wheels – and even more so if you combine a day-long bike ride with a few short ferry transfers along the Bosporus.

There are a couple of companies that offer bicycle rentals as well as guided tours around the prime locations of the city. By using the bike paths and backstreets, it's possible to visit many of the historical and more remote sights of Istanbul in a fraction of the time it would take on foot.

For something a little more natural, head to the Istanbul Forest, which is a 30-minute metro/river transfer from the city centre. Check out *istanbulonbike.com* and *thebikeristanbul.com*.

WORDS & PHOTOGRAPHS **STEVE THOMAS**



Inside the Blue Mosque



Small general stores in the Grand Bazaar area



They don't call it the Grand Bazaar for nothing



Turkish delights

WHERE TO STAY

There is no shortage of lodging options in Istanbul, but prices are slightly higher than in Kuala Lumpur. Expect to pay more in the main Sultanahmet area; stay just outside the city and prices drop. The best option is to visit online booking sites in advance.

GETTING THERE

Most major airlines have KL-Istanbul flights, and Turkish Airlines operates a direct service (currently codeshare with MAS). It takes 20 to 30 minutes by taxi from the airport to the city centre. Getting around Istanbul is easy thanks to a city-centre tram system, buses, and the ferryboats that ply the Bosporus River.

WHEN TO GO

Any time is good to go, but during July and August it does get hot and sweaty, while between November and April it will definitely be cold and can also rain a fair amount – so the period in between is optimal for an active visit.

ESSENTIALS

Visa on arrival is possible in Turkey, but it's quick and easy to take care of things online before you travel by going to *evisa.gov.tr*.



LET THE TRANSFORMATION BEGIN!

Struggling to come up with New Year's health resolutions, but have no idea where to start? Here are a few good suggestions to start you making your own resolutions. Feel free to customise for your own needs!



1. GET FIT

- Nothing like the Holiday Season to make you procrastinate. After all, New Year is just around the corner, so why not start the exercise programme next year? But you know what they say about the single step that begins a 1,000-mile journey. Start small, start today.
- If you've been out of shape for some time, visit your doctor first to make sure that you are fit enough to embark on a fitness regime.
- Need a head start? Why not check out CoolSculpting? It helps you get rid of stubborn fat and gives you twice the results within half the time.

2. LOOK BETTER

- Years pass, looks age, but everyone dreams of preserving that look from secondary school as if not a year has passed. So take good care of your skin – the largest organ of your body needs just as much "maintenance" as your heart, lungs or biceps.
- If you are travelling this holiday season, bring along lots of moisturiser and sun-block. Excessive exposure to the sun is the main contributor to premature aging of the skin. Doctors recommend at least SPF 50 for optimal protection.
- A variety of options are available for reversing the signs of aging skin, including Skin Toning Laser to treat pigmentations; Botox and fillers to reduce wrinkles and fine lines; and HIFU and PDO threads for face-lifts.

3. EAT HEALTHY

- The Holiday Season is a time to get together and be merry. Normally, this means many servings of turkey roast and holiday sweets.
- Do try to stay healthy by eating more wholesome food and limiting your intake of junk food.
- Speak to your doctor or dietician for recommendations of a clean diet that will help you in shedding the pounds.

4. STOP SMOKING

- Everyone knows the health hazards of smoking, yet finds it difficult to kick the 'habit'.
- Speak to your doctor who can advise you on ways to quit smoking.
- Think you already know all about nicotine replacement methods? You'll be surprised to find that your doctor may be able to provide you with more information on their potential risks and benefits.
- If smoking has affected your skin and hair, consider hyaluronic acid mesotherapy for your skin and PRP for your scalp. They can restore youth to your skin and hair respectively.

5. IMPROVE YOUR SEX LIFE AND RELATIONSHIP

- Your sex life is an important part of your relationship.
- If you are not performing well in bed, a number of reasons could be the cause, such as psychological ones (depression, guilt), health-related (Diabetes Mellitus, certain medications), and hormonal changes (drop in Testosterone).
- Pay a visit to your doctor to get your medical history screened so the cause can be identified and the right solution recommended.

FIGHT FAT THE COOL WAY!

In conjunction with its third anniversary, Clique Clinic launches two new innovative applicators.

A PRIMER ON THE COOLSCULPTING® PROCEDURE

The CoolSculpting procedure is a non-surgical, clinically proven procedure that selectively reduces unwanted fat using a patented cooling technology. It was developed by Harvard scientists and is based on the proprietary science of Cryolipolysis, demonstrating that when fat cells are exposed to extreme cold, they die and are eliminated naturally from the body. In this procedure, fat cells in the body are targeted and then gently cooled to induce a natural, controlled elimination of fat cells without affecting the surrounding tissue. The treated fat cells are gone for good.

The CoolSculpting procedure is cleared by the FDA for cold-assisted lipolysis (or breakdown of fat) of the submental (or chin fat), thigh, abdomen and flank (or "love handles") areas in individuals with a Body Mass Index of 30 or less. The device is intended to affect the appearance of visible fat bulges in the submental, thigh, abdomen and flank areas. The procedure has been demonstrated in more than 50 published clinical articles and 4,000 clinical trial patients to reduce unwanted fat non-invasively and consistently. It has been successfully used in more than two million treatments to date.



Before



After

COOLMINI™ APPLICATOR

The accumulation of fat at the submental area, more commonly known as double chin, could be due to lifestyle, age or genetic factors. But unlike other common problem areas of the body, these smaller pockets of fat cannot be hidden or disguised with clothing.

The CoolMini applicator is designed to treat these small-volume problem areas of unwanted fat with little to no downtime, and with a similar level of efficacy as other CoolSculpting applicators. The new CoolMini applicator, which was recently cleared by the US FDA, will provide an alternative to other popular devices and methods currently used to treat and contour the neck, such as liposuction.

CoolMini's size, shape and curvature are designed to comfortably fit these small-volume problem areas, where one can generally achieve optimal results after one or two treatment sessions. Because the CoolSculpting procedure is entirely non-invasive, people who have undergone it can typically resume normal activities immediately after treatment. This makes the CoolSculpting treatment a very attractive option for people looking to eliminate unwanted fat efficiently and safely.



CoolMini™ Applicator

COOLSMOOTH PRO

The CoolSmooth Pro has been ergonomically designed to treat more areas of non-pinchable fat with colder temperatures in half the time. It can be used for abdominal areas to thin down the fat layer in front of your six-pack abs. Previously, the old protocol took two hours, but the CoolSmooth Pro can now enhance your abs in just 75 minutes.

After undergoing CoolSmooth Pro treatment, you should start to see changes within two to three weeks, though the most significant changes will be seen after eight to 12 weeks, with up to a 30 per cent reduction of fat in the area treated.



CoolSmooth Pro

THE CLIQUE TEAM



The Clique Doctors are here to make you look good and feel good. Dr Tingsong Lim (middle), leads the team of talented doctors in Men's Health and Aesthetics. Dr Tingsong Lim graduated from Tohoku University School of Medicine under the Japanese Government Scholarship (Monbusho Scholarship) and practiced both in Japan and USA before returning to start his practice here in Malaysia. Dr Bob Klajo John (left) graduated with an honours degree in Bachelor of Medicine, Bachelor of Surgery and Bachelor of Obstetrics (MB BCh BAO Hons) from the National University of Ireland. He later pursued his Postgraduate Masters of Science (MSc) in Medical Aesthetics, Anti-aging and Regenerative Medicine at UCSI University. Dr Nigel (right) graduated with first-class honours for his Medical Degree at First Moscow State Medical University, Moscow, in 2011. He is a member of American Academy of Aesthetic Medicine (AAAM), USA, and has obtained his diploma of AAAM in 2015.

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Pretty tough: Chris Weidman has plenty of motivation to avoid hits to the head

WORDS **MATT MCCUE** PHOTOGRAPHS **NATHANIEL WELCH**

UFC STAR CHRIS WEIDMAN DOESN'T HAVE THE FACE OF A FIGHTER. IT'S SMOOTH AND UNBLEMISHED. THERE IS NO CROOKED NOSE, LINGERING SHINER OR CAULIFLOWER EARS

HOW DOES A MAN WHO ATTACKS people for a living have a face like that? "I try not to get hit," Weidman says. "But I'm not scared to take a hit." He'll eat punches all day long if need be, but he manages to avoid getting whapped aggressively in the mug. One could reason it is because of his defensive skills – he has never been taken down – or his wrestling moves honed from his college days. Or it could be due to his wife, Marivi. When Weidman entered the Ultimate Fighting Championship league in 2009, Marivi gave him an ultimatum. "She told me that if I ever came home with a black eye, I was done," Weidman says.

So far, so good. Today Weidman boasts a 13-0 UFC record, and he says his goal is to finish his career undefeated. He is a terror in the Octagon, pulverising opponents into submission, including a wicked leg block against Anderson Silva that shattered Silva's left limb in 2013. And yet outside the ring, Weidman is a doting father and husband. During the first few weeks of training camp for his December 12 UFC 194 middleweight fight against Luke Rockhold (14-2), Weidman dropped off and picked up his son and daughter at school because Marivi had just given birth. "I am used to being told what to do [by Marivi]," says one of the toughest guys on Earth.

So how does a guy go from giving his young daughter a hug goodbye in the morning to pummelling a punching bag an hour later? Weidman has mastered the art of compartmentalising his life, a skill any man who wants to be successful could use. Your job may call for aggression, assertiveness and decisiveness, but just as importantly, you need to be able to flick the switch to family man, friend and neighbour when you're no longer on the clock.

Men's Health spent a day with Weidman, 31, in September and observed how he wears many hats while ensuring that each fits snugly. "He has the ability to flick it on and off like a light switch," says Weidman's trainer Ray Longo. "He might be laughing now, but if a threatening guy came through the door, he can go right to killer instinct."

Weidman and Longo co-own

"MY WIFE TOLD ME IF I EVER CAME HOME WITH A BLACK EYE, I WAS DONE."

LAW MMA, the champ's gym in his hometown of Garden City on Long Island, New York. It's located in a brick warehouse across from a leafy street lined with suburban houses. A large, square black-and-grey wrestling mat, along with an Octagon and a boxing ring, take up most of the floor. A ceiling fan fit for a helicopter swoops high above, keeping everyone cool. The place reeks of sweat, a deceptively pleasant aroma reaffirming that this is a spot to get after it. (Just look at the cracked, wall-mounted mirror facing the wrestling mat for evidence.) On one wall hangs a banner promoting Weidman's first fight against Silva. In it, Silva holds the championship belt. At the other end of the room there is a tall, vertical banner showing Weidman staring at the camera, the championship belt slung over his shoulder. The two images are a reminder of where Weidman once was, and now is – from unknown to champion.

The practice is scheduled to start at 11am, but it's well past 11 and Weidman is still easing into the workout. He arrives in Crocs and methodically changes into his wrestling shoes and cut-off T-shirt. He wraps his hands in a long, red snake of cloth and unfolds his 84-kilogram frame on a foam roller to massage his tight lower back. "What is this?" Longo mutters to no one in particular. "If the workout begins at 11am, you should be ready to go at 10:30." However, Longo doesn't rush Weidman. Instead, he lets the champ take his time and reveals the first lesson about compartmentalising.

Sure, there is a value to setting a start time, adhering to it, and completing your duties according to a schedule. You can't just roll through life ticking off tasks whenever the mood strikes. But **time is just a number, and it doesn't always mean that you're mentally ready to be at your best simply because that is when the schedule declares you should be**. Fully rid yourself of any distractions before taking on an important task, be it a work presentation in your case, or a championship fight training session in Weidman's. He needs to allow his home life to melt away completely so

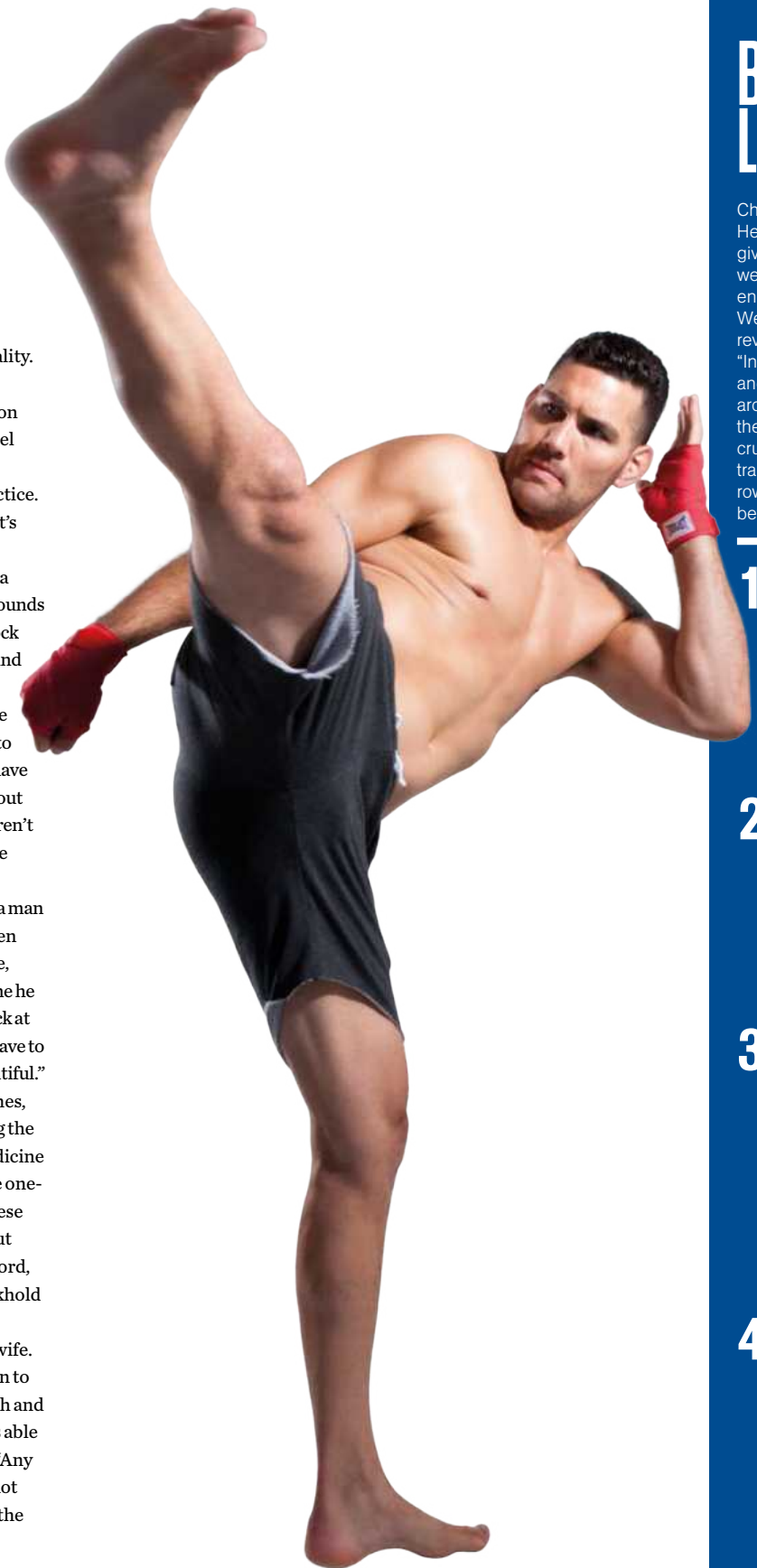


he can tap into his fighter mentality. Longo notices the change in Weidman. "He starts to zone in on what he has to do and have tunnel vision," he says. And a late start doesn't equal an ineffective practice. "When it's time for Chris to go, it's time to go," Longo says.

Today, Weidman plunges into a vicious set of five three-minute rounds punching a 30kg bag. A digital clock shrieks every time a drill begins and ends. The sound is painful, ear-piercing in fact. It's like an audible truth serum that orders fighters to begin reps before their muscles have fully recovered and slowly drags out intervals, punishing those who aren't fit. Once the clock signals, it's time for Weidman to begin hitting the punching bag, – and he becomes a man transformed. His methodical, even nonchalant temperament is gone, replaced by loud grunts every time he throws a spirited hook or high kick at the bag. Pow! Pow! Whap! "You have to go hard," Longo says. "Nice. Beautiful."

Whenever the buzzer screeches, Weidman moves from whacking the punching bag to sitting on a medicine ball where he quietly spends the one-minute rest between reps. At these moments, he isn't thinking about maintaining his undefeated record, the upcoming bout against Rockhold or his (at the time of writing) overdue, 10-months-pregnant wife. His whole world has boiled down to two purposes: stop and go, punch and rest. When asked later how he is able to hyper-focus, Weidman says, "Any time you have emotion, you're not going to be at your best". That's the second takeaway of the day.

Too often we bring emotional baggage to a situation. We might



BE STRONGER, LAST LONGER

Chris Weidman is no two-minute Hercules, the nickname Ray Longo gives to guys who max out on weights and yet have the muscle endurance of a sloth. The majority of Weidman's strength workouts revolve around muscle endurance. "In a fight, you push a lot of weight and then you go back to moving around," Longo explains. Here are the four strength routines Weidman crushes twice a week during training camp. He does all four in a row with a scant one-minute rest between each.

1 PUSH-UPS AND BATTLE ROPES COMBO

Weidman starts with 20 push-ups, then swings the battle ropes for 30 seconds. He repeats this routine continuously for five minutes.
Benefits: shoulder endurance for punching

2 HANG-CLEANS

Weidman sweats through 45kg hang-cleans for 15 seconds, then rests for 15 seconds and repeats this routine for five straight minutes.
Benefits: muscle endurance and explosiveness

3 RUNNING ON THE TREADMILL AND PUSHING THE SLED COMBO

Weidman sprints for 30 seconds on the treadmill, followed by pushing a 68kg weighted sled for 30 seconds for five continuous minutes.
Benefits: heavy work on the lungs and legs

4 MEGA CHIN-UPS

Weidman finishes with 75 chin-ups using different grips – palms facing each other, palms facing out and palms facing in. Weidman does as many as he can in various sets – 20, 10, five, etc – until they add up to 75.
Benefits: grip and upper-back strength



Wrap and roll:
Weidman is the poster boy for van-driving husbands everywhere

have had a bad day at the office and we come home and unload on our partner. Or we might have heard a potential business associate has a poor reputation, and we've already given up on working together before we've met them, even though the deal sounds attractive on its merits. Like Weidman, you need to **strip away anything from a circumstance that is not directly tied to the moment**. Imagine you've got Weidman's clock in your head. Hear the chirp before you walk through your front door, reminding you to leave any work carnage outside. And the next morning, let the chirp be your green light to begin fighting for coveted new business.

Weidman's UFC success is ironically driven by failure. As an amateur wrestler at New York's Hofstra University, he became a two-time All-American in his 90kg weight class. In 2007, he placed third at the NCAA (National Collegiate Athletic Association) championship, his highest finish. "I accomplished a lot, but I never achieved my dreams of being a collegiate national champion and an Olympian," Weidman says. "I wasn't working as hard as I could, and I was surviving off my competitive side."

After college, Weidman and a pregnant Marivi lived in his parents' basement while he worked as an assistant wrestling coach at Hofstra and taught private wrestling lessons to scrape together a low five-figure annual income. An injury torpedoed his chances of making the 2008 US Olympic wrestling team, so UFC was a last-ditch effort to keep competing. By then, Weidman had awakened to the fact that his talent would only take him so far. At this juncture, he had no room for error.

"I wasn't just slapping myself in the face by not working hard," he says. "I had to go out and do my best for my family." Beginning in 2009, he won his first three UFC fights in the first round. Defeating Silva twice in 2013 catapulted him to UFC stardom. Earlier this year, Weidman KO'd Vitor Belfort in the first round to give him his sixth career knockout. "He is very well-rounded as an MMA fighter," says



"WHEN I GO HOME, IT'S A DIFFERENT ENVIRONMENT. I'M A FATHER AND HUSBAND FIRST, AND THEN A FIGHTER."

Fox Sports *UFC Fight Week* co-host Richie Vaculik. "Extremely confident, too. Huge self-belief."

The fight against Rockhold will be the closest Weidman has come to competing against a mirror image of himself. "They have very similar styles," says UFC president Dana White. "Both are good wrestlers and can punch and kick hard. Rockhold will be the aggressor." Rockhold's best chance to win, White says, is to exploit any holes in Weidman's fitness. "Weidman's cardio has been tested. Rockhold will push the pace, take this thing to the later rounds, and try to wear Weidman out."

As Weidman has risen through the UFC ranks, White has gotten to know him outside the Octagon. At times, White acknowledges, it's hard to tell that Weidman is a professional fighter. "This guy doesn't have a bad bone in his body," he says. "He represents the guy next door." When Weidman goes into fighter mode, though, his camp refers to the mood shift as going to the dark side. "He is the van-driving husband and father by day, but in the gym he loves to mix it up," White says.

For all the talk about UFC being a rough and tumble blood sport, far less is made of a fighter's need to stay cool. "You can't be a madman going crazy," Longo says. "You want controlled aggression." Vaculik, who, beyond his TV duties, competes in the UFC flyweight division, says it's vital for UFC fighters to budget their emotions over the five rounds. "I like to go into the fight as calm as possible and remain relaxed throughout the fight," he says. "My trainer, Alex Prates, taught me, 'If you're relaxed, you'll react'." By being in tune with their aggression, UFC fighters have a heightened sense of how to apply pressure at the appropriate times and when to pull back throughout a bout. It shows how compartmentalising doesn't always have to mean a clear-cut, black and white transition. Just ask Weidman.

After 90 minutes and countless punches thrown, he finishes his workout. It was a solid pre-camp effort, another building block in his quest to become the best. He methodically unwraps the red cloth from his hands and then hits the shower – yet another way he leaves the fighter mentality behind by literally washing its effects off. Later, in his cramped gym office, Weidman discusses how he moves between work and family. "When I go back home, I'm still competitive, but it's a different environment," he says. "I'm a father and husband first and then a fighter."

Therein lies the third lesson of the day. **You can flick certain parts of your personality on and off, but you can't escape these characteristics altogether**. It's okay to bring your decisive side home with you and it's fine to take your humorous side to the office. The key is to take Weidman's lead and align your personalities with the environment. Don't try to be the funny man when you're supposed to take a task seriously, and don't be so assertive at home that you ruin your relationships by being unwilling to compromise. Be who you are – just make sure to put the right face forward for each unique situation. ■

Joy to the World!

After 11 months of being pummelled into a frazzled mess, it's time to enjoy a little mirth in your life. So we've collated an anthology of the awesome-est in electronics, fashion, automobiles and more, just to save you the effort in compiling your Christmas wish list. But why limit the festive spirit to yourself? With the sagely advice from our panel of experts, you'll be spreading joy to everyone in your world too. Enjoy the holidays!

PLAY TIME

CASIO PRO TREK OUTDOOR WATCH

Why you want it: It tells you the compass bearing, altitude and atmospheric pressure, temperature and, of course, time.
Price: RM1,112
More info: protrek.casio.com



PUMA IGNITE PWRCOOL RUNNING SHOES

Why you want it: The Ignite foam provides a lot of cushioning *and* better energy return, while the AirMesh upper and no-sew overlays improve ventilation for better comfort on long runs.
Price: RM459
More info: www.puma.com



NIKE MERCURIAL SUPERFLY CR7 "SAVAGE BEAUTY" FOOTBALL BOOTS

Why you want it: The high-top Dynamic Fit collar and Superfly Brio cables, which lock your feet in and ensure optimum comfort.
Price: RM1,149
More info: www.nike.com/my





TOP 3 BOARD GAMES TO PLAY WITH YOUR FAMILY

By Charles Yu, co-founder of All Aboard Community Gaming Centre

CODENAMES

"A game for two competing teams, who must guess the right codenames based on their spymaster's clue. It has comedy, deduction and co-operative elements all rolled into one."

DIXIT

"A great storytelling game for the whole family, and is easily accessible for both kids and adults. What better way to unleash your creativity through abstract art beautifully drawn on cards?"

KING OF TOKYO

"Created by the guy who made 'Magic: The Gathering', Richard Garfield, this easy-to-learn game has you battling it out with giant robots and monsters to become the King of Tokyo."

www.allaboardcgc.com

LULULEMON ATHLETICA ABC PANTS

Why you want it: The ABC stands for "anti-ball crushing". No, really. It achieves this thanks to the right kind of pants engineering and sweat-wicking, stretchy fabric.
Price: RM588
More info: www.lululemon.com

ADIDAS ULTRA BOOST RUNNING SHOES

Why you want them: Increased style points, thanks to Kanye West's endorsement, and increased running mileage, thanks to its Boost midsole technology.
Price: RM650
More info: www.adidas.com.my





UNDER ARMOUR SPEEDFORM FORTIS NIGHT

Why you want it: Its 360-degree reflectivity, for added safety during night runs, and its "Moulded seamless heel cup with foam collar", which makes you feel like you're not wearing shoes at all.
Price: RM599
More info: www.underarmour.com.my

HOW TO WRITE THE PERFECT CHRISTMAS CARD

By Tan Twan Eng, author of *The Gift of Rain* and *The Garden of Evening Mists*

"Write out the poem 'Christmas' by John Betjeman in its entirety. And in copperplate."

But if you're too stretched for time (or too lazy) to pen the 48-line masterpiece, Tan has an alternative: "Use a Christmas emoji, of course!"

Follow Tan Twan Eng on Facebook

GIZMOS, THINGAMAJIGS AND DOOHICKEYS



SONY BRAVIA X9000C 4K LED TELEVISION

Why you want it: Not only for its 4.9mm size, but also for its 4K Processor X1, support for Google's Android TV operating system and Sony's signature TRILUMINOS Display technology, it'll make you feel like you're right there in *Game of Thrones* (or *Donut Showdown*).
Price: RM13,999 for 55-inch; RM19,999 for 65-inch
More info: www.sony.com.my

SAMSUNG GEAR S2 CLASSIC SMARTWATCH

Why you want it: Classic looks from its rotating bezel, black case, and leather wristband; futuristic guts from its 1GHz dual-core processor, Tizen operating system and near-field communication technology.
Price: RM1,599
More info: www.samsung.com/my





OXIDESK

Why you want it: Brownie points with your HR manager for creating your own private, productive workspace-cum-exercise area.
Price: RM16,900
More info: www.xtrafurniture.com

TWO SIMPLE WAYS TO STAY FIT THIS CHRISTMAS

By Jerrican Tan, Director of Fitness Innovations Malaysia

1. Work with your (increasing) bodyweight. "Perform exercises such as burpees, plyometrics and agility drills. Use resistance tubing, go for a jog or a brisk walk, and how about some simple stretches or yoga moves?"

2. Know your boundaries. "If you're someone who loves binge-eating and playing it hard during any festive season, go ahead *but* with limits, and stay clean all year. It's not what you ate yesterday or this week – it's what you've been eating all year, for life."

AND TWO EASY WAYS TO EAT PROPERLY THIS CHRISTMAS

By Ee Ling Yeoh, Dietician and Education Manager at Fitness Innovations Malaysia

1. Plan ahead. "Knowing the menu ahead of time will prevent you from becoming overexcited, and thus over-eat. Pre-plating is also a very good strategy to tackle buffets."

2. Think before you eat. "Pre-plating is where you put all the food you want to eat on your plate first and then you visualise your food intake in a general view *before* you start eating. Finish whatever you have on your plate first before you go for the second helping. Otherwise, use small plates, which make your food appear big. It helps control your appetite."

www.fit.com.my



NESCAFÉ DOLCE GUSTO DROP COFFEE MACHINE

Why you want it: Customising your drink size and choosing from 17 different coffee flavours, all using a touchscreen *objet d'art.*
Price: RM829; RM29.90 to RM31.69 for 16 coffee capsules
More info: www.dolce-gusto.com.my

OMEGA 100 ELIPSON BLUETOOTH TURNTABLE

Why you want it: The world's first Bluetooth turntable that will work on any frequency and any voltage all around the world.
Price: 599 Euros
More info: www.elipson.com



BANG & OLUFSEN BEOLAB 90 LOUDSPEAKER

Why you want it: B&O's boffins designed it so that you'll hear excellent audio no matter where you are in the room, how many are listening with you, or how much furniture is occupying space.
Price: RM400,000 for a pair of speakers
More info: www.bang-olufsen.com



COOK LIKE A WORLD-CLASS CHEF FOR CHRISTMAS

By Darren Teoh, Chef

1. Focus on nurturing bonds and creating memories – not impressing relatives. "I look forward to Christmas Eve dinner with my family because my niece, Vanora, and I will roast one or two chickens. We spend time preparing the chicken together, which we've made a tradition in the past few years. The chicken is simple: we make a couscous stuffing by cooking couscous with a tom yam broth, and add in shallots and dried tomatoes with whatever herbs we fancy at the time. Stuff the chicken and slide two lemon slices under the skin of the breast. Truss the chicken, season it and roast. We do this about an hour before dinner, so the chicken can rest before carving it up."

2. Bring some Malaysia into your Christmas feast. "In my house, we look forward to a chicken stew that my grandmother used to make only for Christmas. Here's how."

I. Cut a whole chicken into 12 to 16 pieces.
II. Carrots, potatoes and shallots are cut to equal size. Ginger is sliced and garlic crushed.
III. Prepare a tablespoon of whole white pepper, five numbers of clove, one cinnamon and two star anises.
IV. Cook the spices, shallots, ginger and garlic in a pot with some oil. Add the chicken and stir. Then add some curry leaves.
V. Add water till it just covers the chicken, and bring to a boil, then reduce to simmer.
VI. Continue until half-cooked, and add in the carrots and potatoes.
VII. Once the carrots are tender, add in a cup of coconut milk, and reduce by 20 percent.
VIII. Season, and serve with bread.

www.dewakan.my



SONY XPERIA Z5 PREMIUM DUAL SMARTPHONE

Why you want it: A waterproof phone that has a 4K screen, shoots 4K video and can connect wirelessly to 4K televisions.
Price: RM3,099
More info: www.sonymobile.com/my



MICROSOFT SURFACE PRO 4 TABLET

Why you want it: The 766-gram Surface Pro 4 can run the full suite of Microsoft Office, so you can bang away at your spreadsheets for as long as its 9-hour battery life.
Price: RM3,999
More info: www.surface.my



JABRA HALO FUSION HEADSET

Why you want it: An audio all-in-wonder that weighs just 21 grams and can play your tunes and take your calls for up to 6 ½ hours.
Price: RM249
More info: www.jabra.com

SARTORIAL SANTA



BELL & ROSS VINTAGE BR GT 123 WATCH
Why you want it: Suave enough for the office, a formal dinner and a day at the races.
Price: RM12,600
More info: www.bellross.com



GENAISSANCE DE LA MER: THE SERUM ESSENCE
Why you want it: La Mer's secret ingredient: Crystal Miracle Broth, which speeds up your skin's healing process and makes you look brand-new.
Price: RM2,415
More info: www.lamer.com.my



HERMÈS ARCEAU MILLEFIORI WATCH
Why you want it: A timeless masterpiece – and not just some belt – that will adorn you and your heir.
Price: RM143,300
More info: hermes.com



ERMENEGILDO ZEGNA AVENUE FLEX BLACK CALFSKIN DERBY SHOES
Why you want it: Dress shoes that are unbelievably comfortable and surprisingly sturdy.
Price: RM3,080
More info: www.zegna.com/my

FOUR SKINCARE THINGS YOU SHOULD DO IN 2016

By Bobbi Brown (yes, *the* Bobbi Brown)

1. Cleanse and moisturise. "Generally, it's essential to start with cleansing – whether with a gel or an astringent (for oily skin) or with a rich or foaming cleanser (for dry skin). This should be followed by a moisturiser with SPF, or a moisturiser and separate SPF lotion [pictured below: Bobbi Brown Protective Face Lotion SPF15; RM201]. Too much sun is the skin's worst enemy – even if it's cloudy outside! Dry skin types can benefit from layering different textures of moisturizer to hydrate the skin."

2. Eat a well-balanced diet. "So much of how your skin looks depends on how you treat your body and what you put in it. A healthier lifestyle means healthier skin. It's as simple as that. Great skin is 70 percent what you put in your mouth and 30 percent what you put on your face. When you eat healthy food, it shows.

3. Exercise regularly. "Not only does it help you lose weight, exercise also minimises, and can sometimes even prevent, the negative effects that aging has on the body. Working out leaves you feeling energised, and also has a positive effect on your mood by enhancing the production of endorphins."

4. Take good care of yourself. "A few other health tricks that help me look and feel good are getting a good night's rest, drinking plenty of water, using sunscreen daily and limiting caffeine intake."

www.bobbibrowncosmetics.com





CR7 FOOTWEAR GOTHIC BOOT
Why you want it: High-quality handmade-in-Portugal calf leather, giving you a high level of functionality with just the right amount of fashion.
Price: 214.99 Euros
More info: www.cr7footwear.com



FREDERIQUE CONSTANT CLASSICS INDEX GMT
Why you want it: This rose-gold-plated version of the Classics Index GMT will have envious on-lookers thinking you spent 10 times what you actually did on it.
Price: RM6,300
More info: www.frederiqueconstant.com



MCLAREN 570S

Why you want it: Consuming just a hair over nine litres of petrol per 100km on your way to the supermarket, or redlining at 300km/h on a Sepang track day.
Price: RM1.68 million onwards
More info: www.kualalumpur.mclaren.com

TOP GEAR



HARLEY-DAVIDSON STREET 750

Why you want it: For the Bruce Wayne-worthy style points, and because to hell with petrol prices.
Price: RM62,888
More info: www.harleykualalumpur.com

TOP 3 TRACKS TO LISTEN TO DURING CHRISTMAS

By Zack Yusof, host of *33RPM* on BFM

"FAIRYTALE OF NEW YORK" BY THE POGUES FEATURING KIRSTY MACCOLL

"Quite possibly the greatest Christmas song ever written. This lovely duet about a couple fallen on hard times during Christmas remains a much-loved classic more than two decades since its release. An anti-Christmas song with so much heart, soul and warmth."

"MERRY XMAS EVERYBODY" BY SLADE

"What's there not to like about a tune with a huge sing-along chorus that sounds like the best party anyone has ever been invited to? This is the sound of friends and family making merry during the holiday season, and never fails to raise a cheer."

"LAST CHRISTMAS" BY WHAM!

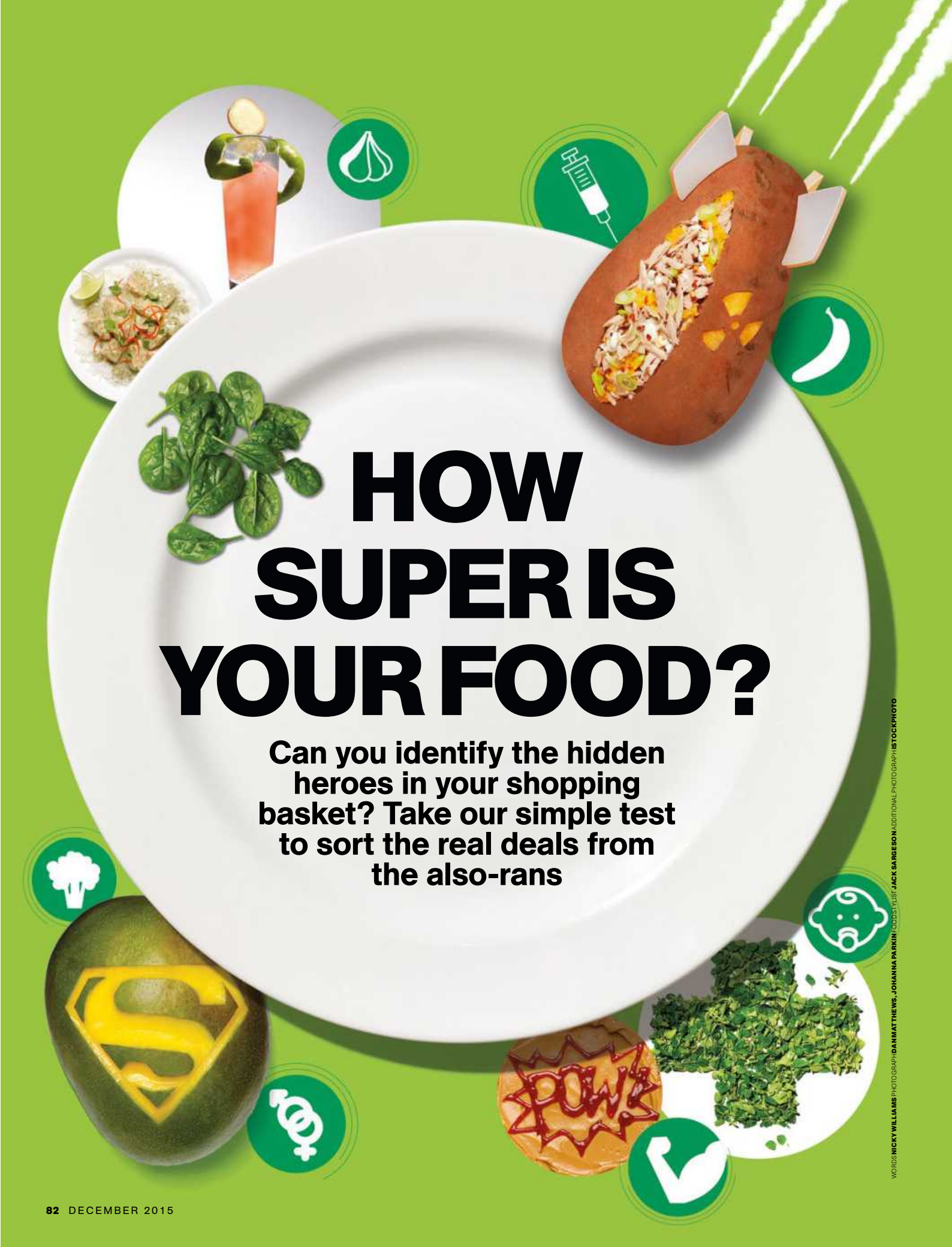
"It's cheesy as hell but so hard to resist whenever it's played. Even as an adult, hearing this with all the Christmas goodwill in the air – pressies, family and close friends, Christmas lights – still works a treat in getting the Christmas spirit all stoked up."

facebook.com/bfm33rpm

RENAULT CLIO GT LINE

Why you want it: All the excitement of a 1.8L hot hatchback in an economically friendly 1.2L version.
Price: RM118,000
More info: www.renaultclio.com.my/gtline





HOW SUPER IS YOUR FOOD?

Can you identify the hidden heroes in your shopping basket? Take our simple test to sort the real deals from the also-rans

WORDS **NICKY WILLIAMS** PHOTOGRAPH **DANMATTHEWS, JOHANNA PARKIN** FOODSTYLIST **JACK SARGESON** ADDITIONAL PHOTOGRAPH **ISTOCKPHOTO**

Q1\

Forget carrots. The best salad base for improving your vision is...



□A Pea shoots
□B Cos lettuce
□C Watercress

C This peppery leaf is packed with lutein and zeaxanthin, which the American Optometric Association found have eye-protecting properties. See the benefits with a handful a day.

Q2\

Which of these superfoods can sharpen your backhand topspin?



A Coffee **B** Edamame **C** Salmon

B Caffeine may heighten your senses, but magic beans make a giant difference. A Uni of Paderborn study found edamame's phosphatidylserine increases the accuracy of sporting movements by 15%. Expect a pod-ium finish.

Q3\

A daily bulb of garlic cuts your risk of prostate cancer. But by how much?

□A 15%
□B 20%
□C 50%

C Alliums (that's botanists' speak for garlic and onions) halve your risk, says the UK's National Cancer Institute. Uncooked garlic is best; if you can't stomach that, get your daily quota with a spring onion salad.

Q4\

Which of the following can help you absorb more anti-cancer carotenoids?

□A Fruit juice
□B Cheese
□C Quinoa

B Good news if you're keen on your cheddar: Ohio State University found that carotenoids (the life-lengthening wonders in green and orange-coloured foods) are absorbed in greater amounts when taken with fats. Think olive oil, fish – or molten cheese on your sweet potatoes.

Q5\

How can a pre-gym hit of virgin coconut oil benefit you?

□A Repairs your muscles
□B Supports muscle growth
□C Increases strength

C A spoonful of coconut oil boosts production of rep-count-raising growth hormone for four hours after ingestion, according to the Journal of Endocrinology. Stick it in shakes to give your performance a big lift.



Q6\

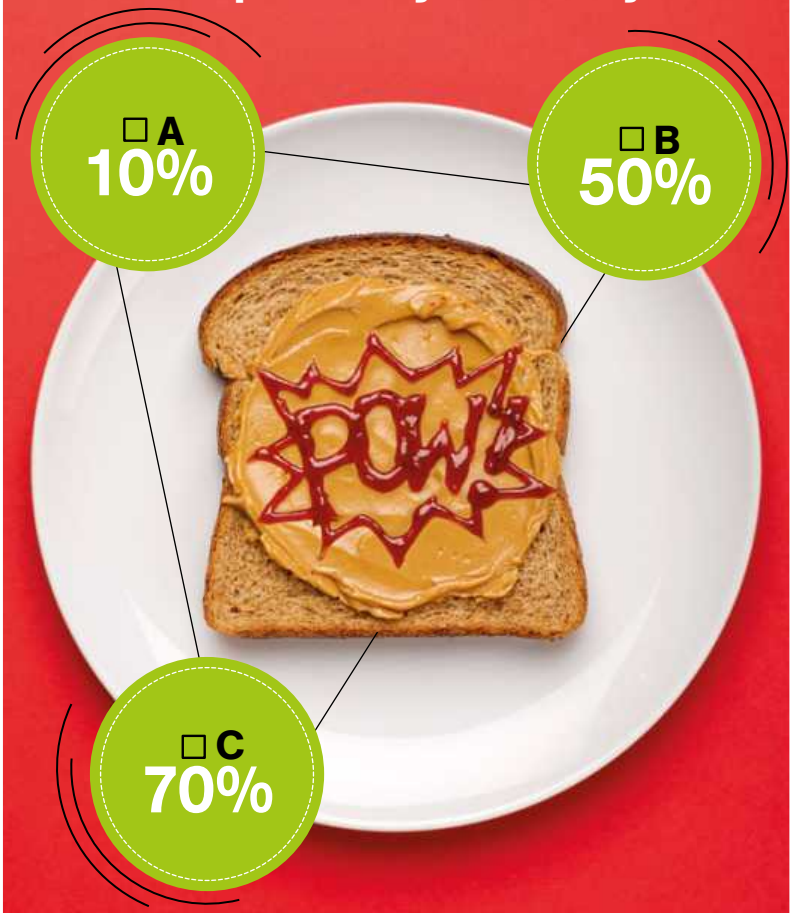
How does garlic affect your libido?

□A Enhances it
□B Weakens it
□C It doesn't

A Paris is the city of love for a reason. St Thomas Hospital found that allicin-rich garlic increases the blood flow to your genital area. Worried about your breath? Follow garlic-heavy dishes with an apple, advises the *Journal of Food Science*.

Q7\

A portion of PB on wholemeal toast increases protein synthesis by...



B The breakfast of champions indeed. A study by the University of Cincinnati found that your childhood favourite combines "complementary proteins", which increases protein synthesis (AKA muscle-building) by a hefty 50%.



Q8\

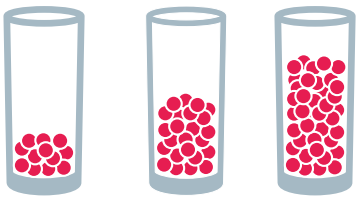
Half a sweet potato a day will…

- ☐A Reduce hair loss
- ☐B Brighten your skin
- ☐C Clean your teeth

B The veg's beta-carotene pigments give you a natural glow, while a study in the *American Journal of Clinical Nutrition* found vitamin C (spuds are full of it) reduces wrinkles. Call it the moisturiser you can make chips with.

Q9\

Cranberry juice can cut your risk of heart disease. But by how much?

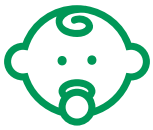


☐A 20% ☐B 40% ☐C 80%

B Not just for Christmas, this fruit lowers LDL cholesterol and makes your blood vessels more elastic. Drink three times a day for best effect. However, it can interfere with heart medication, so ask your GP.

Q10\

One of these fruity drink staples will keep you looking fresh-faced for longer. Is it…?



- ☐A Longan
- ☐B Lychee
- ☐C Rambutan

A While all are similar in taste and texture, longan is the stand-out fruit: *Food and Chemical Toxicology* journal found it's packed with antioxidants, while just 100g provides 140% of your RDA for vitamin C. You'll live longan prosper.



Q11\

What's the best porridge-topper for softer, smoother skin?

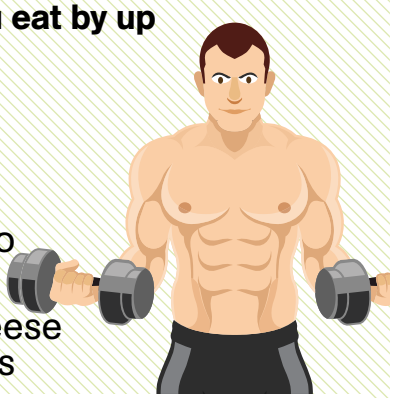
☐A Banana ☐B Flaxseeds ☐C Almonds

B Just six weeks of flax supplementation reduces roughness, flaking and irritation, says the *British Journal of Nutrition*. Best taken orally, not massaged into your T-zone.

Q12\

Which of these high-fat foods can actually reduce the amount you eat by up to 40%?

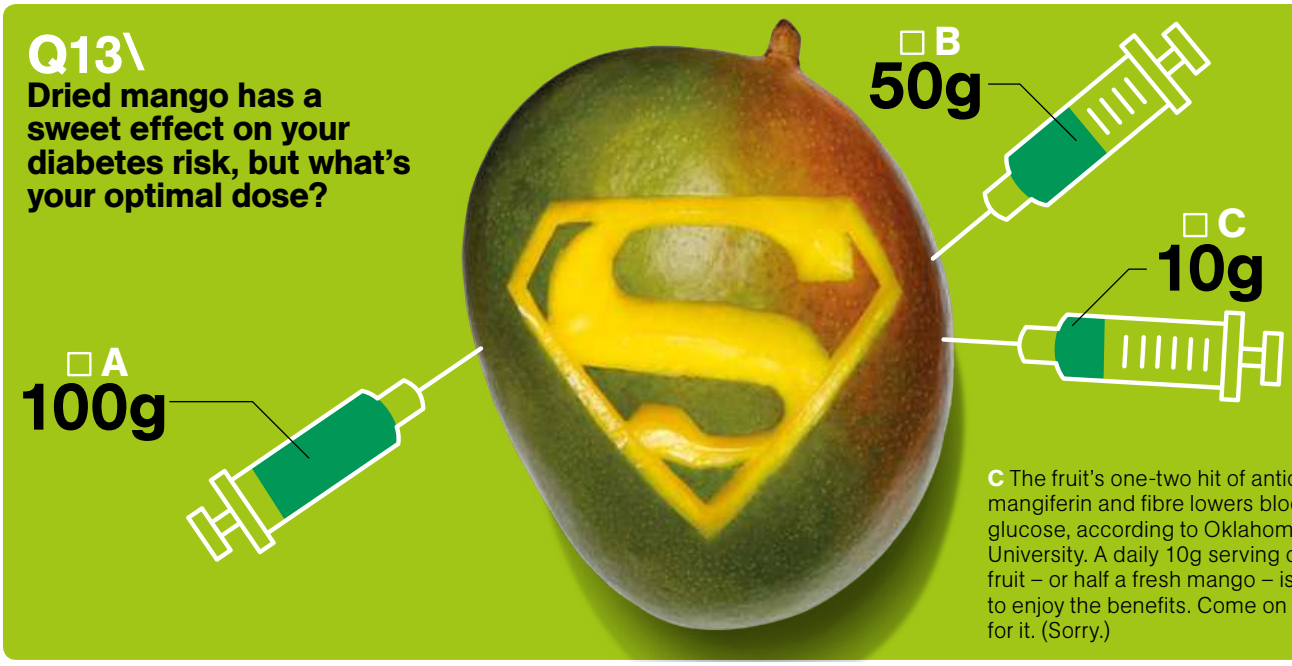
- ☐A A scoop of ice cream
- ☐B An avocado
- ☐C Cream cheese sandwiches



B A *Nutrition Journal* report found that these green giants of health are so satisfying that they quash your urge to snack. Protein-rich cheese is your next-best bet. We don't need to talk you through option A, do we?

Q13\

Dried mango has a sweet effect on your diabetes risk, but what's your optimal dose?



C The fruit's one-two hit of antioxidant mangiferin and fibre lowers blood glucose, according to Oklahoma State University. A daily 10g serving of dried fruit – or half a fresh mango – is enough to enjoy the benefits. Come on man, go for it. (Sorry.)

Q14\

A regular juicing habit can reduce your risk of what by up to 76%?



- ☐ A Heart attack
- ☐ B Alzheimer's disease
- ☐ C Diabetes

B Walk straight past the OJ and head for the roots, shoots and greens. University of South Florida researchers found nutritionally dense vegetable juice protects the brain from diseases such as Alzheimer's. While the study participants downed three glasses, one a day will go some way. Hold your nose and down it. You've done worse things in Bali.

Q15\

Eating a red grapefruit every day will lower your LDL cholesterol by…

☐A 5% ☐B 15% ☐C 20%

C A grapefruit a day reduces bad LDL cholesterol by a fifth, says the Hebrew University of Jerusalem, with pinker fruits packing more heart-protective antioxidants. At just 100 calories each, you've nothing to feel bitter about.

Q16\

Which of the following will help you become a dad (without the bod)?

☐A Broccoli ☐B Cabbage ☐C Tomatoes

A Folate, of which broccoli is a rich source, boosts semen production, reports *Fertility and Sterility*. Just consider them the new oysters.

Q17\

Which of these berries is best for maintaining your mental faculties as you age?



- ☐A Gooseberries
- ☐B Blueberries
- ☐C Blackberries

C The darker the berry, the more brain-protecting phytochemicals it contains, says the Human Nutrition Research Center on Aging in Boston. Throw a few handfuls into your next shake (or fruit crumble) to concoct a colourful tonic for your grey matter.

Q18\

What should you order for lunch when at a mind-numbing work conference?



☐A Pizza ☐B Curry ☐C Sushi

B The curcumin in turmeric, a mainstay of Indian cuisine, increases alertness 60 minutes after your eat it, says the *Journal of Psychopharmacology*. Skip the usual accompanying caffé latte. Unless the boss is drinking. And paying.

How did you score?

0-9
SUPERFOOD JOKER

Think living well is hard? That's a pack of lies. Play your cards right and you can turn the dirtiest diet around – even if you loathe all that's green and leafy. Scientists at Rutgers University, for example, found three cups of tea a day can lower your risk of heart disease.

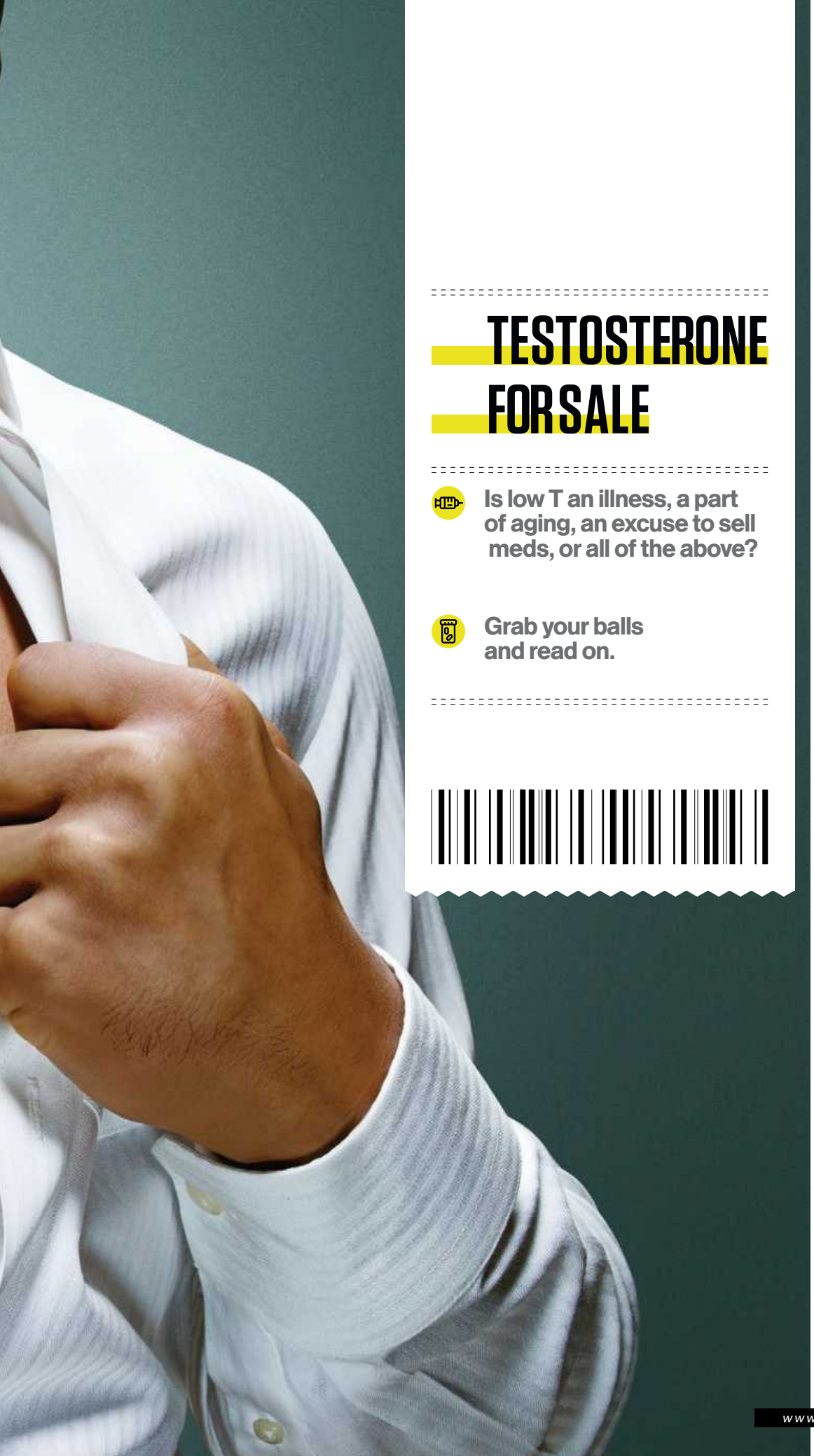
10-14
SUPERFOOD SIDEKICK

You know your onions but here's another superfood to add to your repertoire: Baylor University scientists found that kiwis are one of the most nutritionally dense fruits, bursting with antioxidants and cholesterol-lowering properties. Eat them skin-on for extra nutrients.

15+
SUPERFOOD HERO

Your superfood sense is tingling, so here's a top-up tip for you: add fresh oregano to your meals. Studies by the US Department of Agriculture found that just 1tbsp of the herb contains more antioxidants than a large apple. Which puts pizza back on the menu.





TESTOSTERONE FOR SALE

Is low T an illness, a part of aging, an excuse to sell meds, or all of the above?

Grab your balls and read on.

A LOT OF THINGS CAN DIM THE fireball inside a middle-aged guy.

As a husband, father, homeowner, and perhaps boss, he's farther up the mountain but his backpack feels heavy. He might wake up one day and discover that he now weighs, oops, 100kg, with very little of it muscle. He might find nothing in the tank for sex if it's a Tuesday and past 9:30. Maybe he hasn't met all the goals he set at 30. Worse, maybe he did. These are complicated burdens. Attempting to fix any one of them could be a huge challenge. How convenient, then, would it be if he could pop a pill that purported to be the rejuvenating answer? Given the choice between making life changes and filling a prescription for testosterone, it's an easy decision. But is the easy answer an effective one?

The fight to thwart male decline has been going on ever since the first guy with hair growing out of his ears plunked down a check for a four-wheeled mojo enhancer. But in the past seven years (since the start of the Great Recession—go figure), the struggle to stay vital is increasingly being approached as a biochemical problem, one requiring pharmaceutical intervention in the form of testosterone replacement therapy (TRT). And we're not just talking about men older than 50 – or even 40.

Depending on who you ask, the turbocharged rise in the use of TRT shots, gels, patches, and pills is either (1) an inspiring transformation in how doctors treat a vast and despairing brotherhood of men, or (2) expensive quackery that targets male vanity and has non-existent benefits and deadly risks. The fact that the symptoms driving men to testosterone therapy are often subjective and can easily resemble those of normal aging, depression, poor sleep, or bad choices at the food trough only complicates the debate. Also not helping: Men's hormone levels are in a historic, culture-wide decline, under assault from a steady increase of obesity, painkiller abuse, food toxins, and estrogen-mimicking compounds in water and soil.

In March, the US FDA announced that it had asked drugmakers to add

WORDS **PAUL JOHN SCOTT** PHOTOGRAPHS **CLARE BENOIST**

language to the labels of testosterone replacement products warning of increased heart attack and stroke risk. But in February, a large review of the literature concluded that the research indicting testosterone replacement as a heart risk is vastly outgunned by the research showing that it helps. Confused? You're not alone.

"I have been shocked and at times even overwhelmed by the number of guys seeking help from my forum, due to misinformation, lack of information, and some doctors' cruel dismissal of their concerns about low testosterone," says Lee Myer, 55, a testosterone user in Tempe, Arizona, who runs an online forum for T-curious men. "The confusion is only made worse by pharmaceutical and clinic ads that push men toward a single answer." (Some of those ads have run in *Men's Health*. It's a complicated topic, as you'll see.)

Myer's site, *Peak Testosterone*, is just one of several gathering spots where men trade notes about their experiences with vitality in a bottle. An IT professional who's married with three children, Myer hopes to change perceptions about TRT, starting with the idea that it's comparable to taking steroids or that the symptoms of low T are overblown. "Unless you've gone through low testosterone, you don't know what it's like," he says. "I'd like to take that doctor who is suspicious of the drug therapy and get his testosterone down to 259—to where he's got erectile dysfunction, he's about to lose his marriage, he can't think very well, and he's struggling in his practice."

Myer says TRT shots relieved him of a dysphoric mood—unease, anxiety, misery—that first took up shop in his cranium during his teen years. He says his testosterone turnaround gave him the energy to attack his job and responsibilities with renewed drive. "My cognitive abilities have never been better," he says. His focus has improved too. He is listening to music with attention and joy, he says, for the first time since he was a teenager. The pharmaceutical companies have not yet produced evidence that testosterone can help a guy dig that funky groove, but the oddness of the observation has an authentic ring. It makes you wonder if some sort of fountain of youth can be tapped in male hormones. "In my early 50s," Myer says, "I am finally living the youth I should have had in my 20s."

It's praise echoed by a man I'll call Sam, a 43-year-old scientist in San Francisco who went on testosterone shots three years ago when blood work revealed that he had low levels of something called sex hormone binding globulin, or SHBG. For Sam, it was lifestyle-related—he spread 98kg over a 183cm frame, ate poorly, and found time to stress but not to exercise—and the SHBG deficiency was causing his body to burn through its available testosterone way too quickly. At the time, all he knew was that he couldn't get himself out of bed most mornings.

"I had become a father but realized I wasn't being a good father," he says. "I would sleep in. I didn't have the energy to read a story to my children at night, and it caused a lot of tension in my marriage." Today Sam rides a bike and has more lean muscle, and his weight is under control. He says testosterone gave him the energy to do all that.

Those are the guys the testosterone industry wants you to hear from. But there are other guys.

"I get a testosterone shot in the ass every week," says my childhood buddy Andy, 51, a marketing specialist from Phoenix, Arizona. He couldn't tell you the exact blood level that triggered his decision. A single man, he's never had libido problems, and as for his physical condition, he trains at a place where NFL guys tune up. Andy's choice to go on testosterone was all impulse: Four years ago he saw the ads, heard about a clinic from someone in his gym, and decided it might help him stay on top of his game. He thinks TRT has helped his body composition, but he isn't sure. "It is crazy how many dudes do it," he says. "You're in there for about two minutes. The nurse checks all your vital signs and then shoots you in the ass."

Combine the serious users with the guys doing it on a lark, and then throw in all the dudes who quit taking testosterone after a month (19 percent, according to one study), and you're talking about millions of buyers of male hormones. Since the launch in 2008 of the "Is It Low T?" ad campaign funded by AndroGel (an *MH* advertiser), sales of testosterone have climbed 460 percent. Six and a half million prescriptions were written for testosterone in the United States in 2014. Total testosterone sales were a US$2.1 billion market that year. And it's all uncharted waters.

"My concern is this whole campaign is encouraging people to take hormones we don't know they need for a disease they don't have," says Steven Woloshin, M.D., co-director of the Center for Medicine in the Media at Dartmouth Institute for Health Policy and Clinical Practice. Dr. Woloshin may sound out of touch with the latest therapeutic options, or behind the times with the latest drug therapies, or unsympathetic to men who feel less manly. He may also sound unimpressed with the basic middle-aged wish to reexperience the sort of boner before breakfast that makes it hard to pee in a downward trajectory. (A hallmark of low testosterone is less morning wood.) But he's right: The phenomenon may be wishful thinking on a massive and expensive scale.

TESTOSTERONE REPLACEMENT therapy is currently approved only for the treatment of male hypogonadism, or lack of testosterone, caused specifically by a problem with the testicles or with certain parts of the brain—the pituitary gland and hypothalamus—that control the gonads. You might inherit such a state, or it could be caused by injury or such conditions as a brain tumor or an undescended testicle. Men with these types of hypogonadism have extremely low blood testosterone and symptoms like enlarged breasts, hairlessness, loss of muscle mass, low libido, and bones that break easily. According to a study in *JAMA Internal Medicine*, however, a quarter of men who supplement with testosterone never even bother having a blood test, and only half have been diagnosed with hypogonadism.

In 2010, in an attempt to differentiate what was becoming known as "late-onset hypogonadism" from normal, age-related T decline, researchers analysed data from the European Male Aging Study, which followed more than 3,000 men ages 40 to 79 in eight countries. They found that out of 32 symptoms often mentioned in the same breath as "low T," only three—a decrease in sexual thoughts,

BEEF UP
A high-protein diet, fortified with iron from the gym, can give your T a drug-free assist.

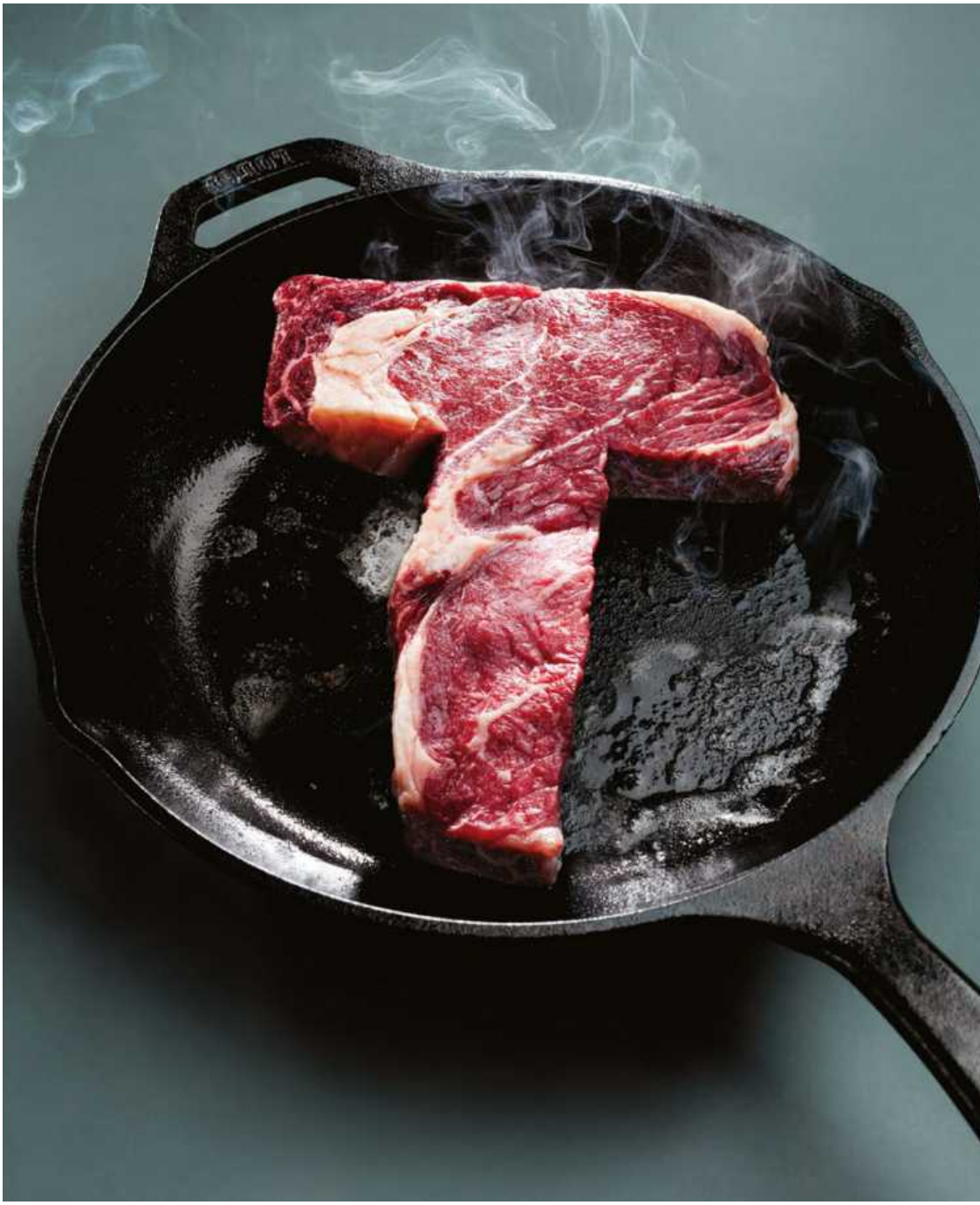
"IT'S CRAZY HOW MANY DUDES DO IT. YOU'RE IN THERE FOR ABOUT TWO MINUTES. THE NURSE CHECKS ALL YOUR VITAL SIGNS AND THEN SHOOTS YOU IN THE ASS."

SPECIAL EFFECTS MAKEUP **JANE CHOI/STOCKLAND MARTEL** FOOD STYLING **KAREN EVANS/APOSTROPHE** ILLUSTRATION **ANDREA MANZATI**

fewer morning erections, and erectile dysfunction—were associated with low levels of the hormone. "Low" was defined by the researchers as a total testosterone blood level of 320 nanograms per deciliter (ng/dl) or less, and a free testosterone of 220 picomoles per liter or less. Anything more nebulous, and you're just turning to TRT because life is getting weird on you. Hell, some experts argue that even having these symptoms and coming in at or under these levels doesn't justify the drug. (See "Testosterone, by the Numbers" below) That matters, because as a number of recent studies have suggested, taking testosterone may double or even triple your risk of heart disease.

So here's the bad news: Increasing your testosterone can thicken your blood and lower your good HDL cholesterol, both of which hike your odds of heart disease. Researchers first began to learn of testosterone's link to cardiovascular risk between 2005 and 2009, when a team in Boston set out to determine if frail older men became more mobile after having their man juice jacked up. Their study, published in the *New England Journal of Medicine*, noted that the added testosterone made the men stronger on the leg press and chest press and climbing stairs. However, the trial was halted because 23 of the 106 men taking it developed cardiovascular problems, versus only five of the 103 men who'd been using a placebo gel.

By April 2013, researchers writing in *BMC Medicine* had sorted through thousands of results in 27 clinical trials and also determined that the risk of cardiovascular events went up for men on testosterone. (Curiously, this





TESTOSTERONE, BY THE NUMBERS

Depending on who you ask, your T may be A-OK or in the basement

For years, the official threshold for triggering testosterone replacement in men ages 50 and older hovered around 200 to 230 nanograms per deciliter (ng/dl). Today, guidelines from the Endocrine Society recommend that doctors use whatever cut-offs their labs suggest to ID men who need TRT; these range from 300 to as high as 350 ng/dl.

Where did these new numbers come from? They're arbitrary, says Victor Montori, M.D., of the Mayo Clinic. He was on the panel that wrote the guidelines and is critical of how they turned out.

"These values are chosen by laboratories without connection with prognosis or response to treatment. They [the other panel members] took a continuous variable, and they drew a line here and here," he says, chopping his hand at two points on an imaginary continuum. "By the new reasoning, 25 percent of men will have hypogonadism." His advice to guys: Don't rely on the guidelines. "We need a level below which treatment is associated with patient benefits. Unfortunately, that level has not yet been determined." —P.J.S.



STOP THE T THIEVES

Three ways to fight flagging testosterone

Buy Broccoli Cruciferous vegetables, such as brussels sprouts and broccoli, give you a dose of indole-3-carbinol (I3C). This compound suppresses estrogen production and helps fight T-depleting fat, says John La Puma, M.D. Steam 'em instead of boiling; the I3C will leach into the cooking water.

Ditch Dirty H2O Your local water authority tests for the weed killer atrazine, but even "safe" levels may not be: It's been linked to reduced T in animal studies. Dr. La Puma suggests using a water filter that's NSF certified to remove atrazine, such as Brita's Advanced Faucet Filtration System (*brita.com*).

Conk Out Early Men who sleep less than five hours a night have lower levels of testosterone, says Dr. La Puma. Your body churns out the hormone while you snooze, so sacrificing sack time means those T factories won't hit their quotas. Aim for at least six hours a night, Dr. La Puma says. —Lila Battis

THE DECLINE IN TESTOSTERONE IS REAL. AVERAGE T LEVELS AMONG MEN OVER AGE 45 HAVE DROPPED 20 PERCENT IN JUST A FEW DECADES

LOW T ON TAP
Drinking as little as 475ml of beer a day can tamp down a man's testosterone.

risk became apparent only in trials that were not paid for by the makers of the drugs.) Then in November 2013, researchers for Colorado's VA system wrote in *JAMA* that they'd analysed the data from 8,000 men with low T who had gotten an angiogram before going on the hormone. Three years after starting, 26 percent of the men on testosterone had either experienced a new cardiovascular event or died, versus only 20 percent of the men who didn't take testosterone.

Another alarm sounded in 2014, when a study in the journal *PLOS One* looked at the health records of 55,000 men and found that testosterone use had doubled the risk of non-fatal heart attack in men over 65 and tripled the risk in younger men with a history of heart disease. (Younger men with no heart disease fared well on the drug.)

"The *PLOS One* paper excluded anybody who died of a heart attack," says John Morley, M.D., a low-testosterone expert at Saint Louis University School of Medicine. "It may well be they found a higher level of heart attacks in men on testosterone because those men lived while the others [who didn't take it] died."

As for the *NEJM* study of older men and mobility, "It is good that it was a random controlled trial," says Martin Miner, M.D., co-director of the Men's Health Center at Miriam Hospital in Providence, Rhode Island. "But what was poor was that it really wasn't a safety study. We don't normally start elderly men with a history of heart failure on such large doses of testosterone." In other words, the research wasn't the best way to find out if testosterone is dangerous.

For some men, there's no question that TRT is trouble. Back in 2008, Mike (not his real name) had borderline low T, some accumulating weight around his midsection, and amorphous regrets about the condition of his condition. "I'd just turned 43 and noticed that everything was slowing down," he says. "My libido was low, and I was losing energy." His doctor prescribed AndroGel. Mike's testosterone levels didn't climb much, but he says he did notice an increase in energy. "The anger went away, my frustration went down, and I was able to deal with things better," he recalls.

Four years later, Mike had a heart attack. Two in one day, in fact. One of his arteries was almost fully blocked, and two others were at 40 percent. Yet Mike stayed on the drug for another two years, going off it only after hearing about the *PLOS One* study. Today Mike is suing the makers of AndroGel. "Nobody discussed the risks, even after my heart attack."

Blame the fog of T research. "I'm not saying testosterone is safe or unsafe," Dr. Miner says. "I'm just saying those studies are so complicated, that for the lay public to interpret from them that a product causes significant risk is inappropriate.

"There were 14 studies between 2006 and 2013 associating low testosterone with increased cardiovascular events," Dr. Miner adds. "Just because heart disease is associated with low testosterone doesn't mean it was caused by it."

This confusion is why many of the nation's hormone experts specifically recommend against screening for low T; they just can't say whether low T is an important health problem or not.

HORMONES ARE CHEMICAL messengers that tell our bodies what to do, but only some of their messages are a matter of life and death. Metabolic hormones turn energy into fuel. Stress hormones protect you in a crisis. Testosterone builds muscle and bone, but it mostly works with your wants, not your needs. Of course, low testosterone doesn't have to be deadly to deserve our attention: Sam and Myer depict life before TRT as sluggish and glum. So if you could cure a nagging woe, why not?

The problem is, the evidence that testosterone replacement therapy helps your mood isn't even very good.

"We don't know that low testosterone is the primary reason people feel rotten or without much drive," says Victor Montori, M.D., an endocrinologist at the Mayo Clinic. "After age 45, men lose a small amount of testosterone each year. If losing testosterone made you feel bad, then there should be more 70-year-olds feeling robbed of life than 60-year-olds, and more 60-year-olds feeling like a shadow of their old selves than 50-year-olds. I haven't seen that data." Moreover, doctors can't even agree on what a healthy level of testosterone is. "This is why no one should ever make the diagnosis of low testosterone without seeing some sort of symptoms," Dr. Morley says.

Dr. Morley designed the low-testosterone symptom questionnaire of the moment, the Androgen Deficiency in the Aging Male (ADAM) test, a 10-item worksheet that asks, "Is It Low T?" Candid and chatty (in 2013, Dr. Morley famously told the national media he had written the highly promoted test in 20 minutes on a roll of toilet paper in the bathroom), he doesn't try to argue that the test is perfect. "It's very good at not missing people," he says, "but it's not very good at diagnosing low testosterone. It's a screening test." Although it's better than anything else that's out there, he says, "It may over-include people who won't benefit."

Yet it's likely that millions of men have diagnosed themselves as having low T after answering yes to some of Dr. Morley's broadly drawn questions. The test asks about a cornucopia of subjective existential midlife issues, such as declining energy, increased sadness, soft erections, less enjoyment, poor work performance, reduced height, problems with strength and endurance, difficulty playing sports, and low libido. You only need to answer

yes to both the low sex drive and soft erection questions, or three of any of the others, to be termed a candidate for a low T diagnosis; on bad days it's easy for many men to run the table. The "Is It Low T?" website that hosted the quiz was taken down in May.

"It's been extremely effective," complains Dr. Woloshin, a critic who believes the questionnaire has triggered the current rush on products. "The problem is that it overpromises the benefits of testosterone while it underplays the harms, and it makes men think low testosterone is the cause of problems that are unrelated."

The inflated promises of TRT start with the idea that it can inflate your dick, not to mention the suggestion that erectile problems are even reliably related to testosterone deficiency. A 2011 review from Imperial College London, for instance, found "no relationship between testosterone level and the severity of erectile dysfunction." (While impaired sexual function is required for the diagnosis of late-onset hypogonadism, most men with erectile dysfunction have normal testosterone levels.)

What can testosterone do? "When you look at clinical trials of people with moderate or mild low testosterone receiving physiologic testosterone replacement," Dr. Montori says, "the impact on quality of life and sexual function is either minimal or nonexistent."

Dr. Morley disagrees: "Poor libido and a poor quality of erection are the symptoms most related to poor testosterone," he says. "There is also a subset of people with low testosterone who have fatigue, who are unhappy, and who don't have strength. They look like they're depressed, but they actually have low testosterone." Except here, too, the science isn't on his side: The European Male Aging Study results also show that psychological symptoms had little or no association with testosterone levels.

JOHN LA PUMA, M.D., IS A CRITIC of using TRT without a diagnosis of hypogonadism. The California-based internist and author of *Refuel: A 24-Day Eating Plan to Shed Fat, Boost Testosterone and Pump Up Strength and Stamina* wrote a widely shared op-ed arguing that low T was a pharmaceutical-industry-generated sickness. But he'll readily acknowledge that the decline in testosterone is real. He says it's the causes of low T we should be talking about and correcting.

"Men's testosterone levels are dropping," says Dr. La Puma, who cites a 2007 study in the *Journal of Clinical Endocrinology and Metabolism*, which found that average T levels in men over age 45 were 501 ng/dl in the late 1980s, 435 ng/dl in the mid-1990s, and 391 mg/dl in the early 2000s.

"That's down 20 percent in a few decades' time," he says. "I think what's not recognised is how lifestyle affects testosterone levels."

Alcohol lowers testosterone. So do steroids, stress, and opioid painkillers (enough opioid prescriptions are written these days for every adult to have his or her own bottle). There are also testosterone-diminishing forces in the environment to be considered. A study in the journal *Fertility and Sterility* found a specific association between exposure to phthalates (a group of chemical compounds widely used in soft plastics) and male infertility. These so-called endocrine disruptors can invade your system every time you heat up foods in plastic containers, plates, or wraps. "They transfer into hot, oily foods," says Dr. La Puma, "and change the way hormones work in the body."

Still, the smart money says the primary cause is in front of our eyes, and down about 45 centimetres.

"I think it's pretty clear that men gain weight in the belly," says Dr. La Puma. "We tend to overeat starchy, sugary foods because they're handy, quick, cheap, and available. Those foods are incredibly efficient at making men obese." Men's belly fat cells convert their testosterone into estrogen, he says, and can make testosterone plummet.

Results from the European Male Aging Study also found that low T was often paired with excess body weight. Three out of four men with low T were overweight, and that included every one of the 40-somethings in the group. And the fatter the man, the greater the risk, the study noted.

These are mostly the men Andy shares the waiting room with, before the needle in the ass. "The guys I see skew between 40 and 60," he says, "and most don't look like they work out regularly."

"If you have an epidemic of obesity, an aging of the population, and increased stress and stress hormones," Dr. Montori says, "all those things should go hand-in-hand with loss of testosterone on average in the population."

That's why even supporters think testosterone therapy is only meaningful if it triggers men to do what's right for their health. "I am not in any way advocating the use of testosterone for treating obesity," Dr. Morley says. "The risks don't seem reasonable to me."

Dr. Miner agrees: "Testosterone without exercise and diet or lifestyle change is of very little value." Treating obesity could entail showing men the biology behind their bellies and how it influences their T. The rest might just come down to needing an expert ear.

"Many of my patients finish our conversations crying," says Dr. Montori. "Maybe it's a college professor making mistakes while teaching and wondering if he is getting Alzheimer's. That's life, not low testosterone. It's the fear of death. The fix to that, for a doctor, is to listen. Can you prescribe someone a hug? We can't expect doctors to fix all these existential problems, and the costs for health care are going to keep going up."

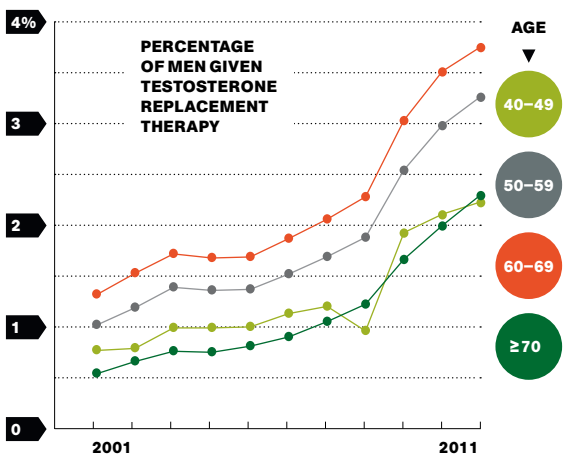
Dr. La Puma adds: "Small changes can make a big difference when guys learn how their bodies work. "If you tell guys the reason their testosterone is dropping is because of their belly fat cells, they go, 'Really?' Then if you tell them that their belly is not just a spare tire but an active endocrine organ, men like to know that. We like to know how stuff works. It helps to know that their belly fat is breaking them, that it's a fixable problem."

Specifically: It's fixable without turning to a shot of testosterone.

HOW TO MARKET A MIRACLE

Drugmakers are selling youth, and we're buying

When University of Texas researchers reviewed a decade of TRT prescribing rates, they saw the impact of a looser definition of low T. But men in their 40s got an extra push. "The increase in use among younger men coincided with a rise in direct-to-consumer marketing," says study author Jacques Baillargeon, Ph.D.



ATTIRE FOR THE OCCASION

The debonair gentleman makes an effort and dresses up for a party. Here's how you do it

WORDS **JOHN NG** PHOTOGRAPHS **KAHMUN/MYTH STUDIO** (ASSISTED BY HAL YIP) STYLING **JAYEN CHOW** GROOMING **KF BONG** MODEL **TSUN**



MAKE IT COMFORTABLE

When trying anything on, don't just stand in front of a mirror. Walk around in it, move your arms, sit down in it. Freedom of movement and comfort are fundamental, otherwise you won't enjoy wearing it, fashion stylist Jayen Chow advises.

TOPMAN cotton blazer *RM689* and trousers *RM313 topman.com*; **DOCKER'S** T-shirt *dockers.com.my (price unavailable)*; **UNIQLO** knit scarf *RM59.90 uniqlo.com/my*; **PEDRO** suede loafers *RM309 pedroshoes.com*

UNLEASH THE THREAD

Should you remove the stitching in your jacket pockets? The answer is definitely yes. "It's pointless to have non-functional pockets," Chow attests. "A movie ticket or a cardholder is not going to make it [the jacket] lose its shape."

ZARA MEN khaki blazer *RM499 rshlimited.com*; **UNIQLO** long sleeve shirt *RM79.90* and chino shorts *RM79.90 uniqlo.com/my*





THEN UNLEASH THE LABEL

Go ahead and take out the tack stitching on the vents and the tag on the left sleeve before wearing a new suit, Chow says. Some can be removed easily with your hands or a pair of scissors. Otherwise, use a seam ripper.

BANANA REPUBLIC cotton blazer *RM929 fjbenjamin.com*; **GUESS** V-neck knit sweater *RM399 fjbenjamin.com*; **MIDO** watch *RM2,960 midowatch.com*



KEEP THE LENGTH RIGHT

Too much break in your pants can make you appear as if you bought it in the wrong length or that you don't know what a tailor is. So what are the popular kinds of hemlines in menswear today? "A medium-break is timeless and gentlemanly," Chow says. "And a no-break is distinctive and fashion-forward."

ZARA MEN long coat *RM859 rshlimited.com*; **MASSIMO DUTTI** shirt *RM249 rshlimited.com*; **GUESS** denim sweatpants *RM399 fjbenjamin.com*; **OBERMAIN** leather boots *RM499 obermain.com*; stylist's own tie

BE RIGHT ON TIME

Save the bulky shock-resistant sports watch for the gym or your next hiking adventure. Instead, keep it classic with a black quartz timepiece. Want to get noticed? Opt for a black and gold skeleton watch that will be the highlight of your outfit.

TOPMAN tweed suit jacket *RM689* and trousers *RM313 topman.com*; **DOCKER'S** shirt *dockers.com.my (price unavailable)*; **MIDO** watch *RM4,500 midowatch.com*; **PEDRO** leather loafers *RM299 pedroshoes.com*; stylist's own tie





ADD ON WITH CAUTION

You're not fully dressed until you have added the final necessities to your outfit. That said, "Too many accessories weigh down a look," Chow warns. "If you're already wearing a pocket square and a tie bar, you'll want to ditch that lapel pin.

ZARA MEN cotton blazer *RM499 rshlimited.com*; **UNIQLO** shirt *RM79.90* and V-neck T-shirt *RM39.90 uniqlo.com/my*; **MASSIMO DUTTI** jeans *RM299 rshlimited.com*; **PEDRO** leather loafers *RM299 pedroshoes.com*



LOOK GREAT EVERYWHERE

"Although it's acceptable to flip up the collar of a casual jacket, you should always leave it down when you're dressed in a more formal suit ensemble," Chow says. And in both cases, unfasten the buttons when you're seated so that you sit comfortably and to prevent wrinkles and button stress.

GUESS sweat blazer *RM369 fjbenjamin.com*; **UNIQLO** shirt *RM249.90* and sweat stretch pants *RM129.90 uniqlo.com/my*; **MASSIMO DUTTI** puffer vest *RM529 rshlimited.com*; **PEDRO** suede loafers *RM389* and tie *RM99 pedroshoes.com*

MIDO

Multifort
Stainless steel case with anti-reflective sapphire crystal on both sides. Rubber strap. Automatic movement. Water resistant to 200 metres. *RM4,230 midowatch.com*

Belluna 2
Stainless steel case with anti-reflective sapphire crystal on both sides. Metal strap. Automatic movement. Water resistant to 50 metres. *RM2,985 midowatch.com*



WORDS **JOHN NG** PHOTOGRAPHS **SOON LAU/SHOW UP PICTURES** ART DIRECTION **ELYNN HAH**



PERFECT TIMING

You don't want to be seen checking the hour on your smartphone at a party. That's what geeks do. And these timepieces are great – whatever the dress code



VICTORINOX SWISS ARMY

Alliance

Stainless steel case and bracelet. Anti-reflective sapphire crystal. Each watch from the Alliance collection will systematically be delivered with an exclusive Officer's knife in matching colour. Water resistant to 100 metres. Mechanical self-winding movement.

RM2,389 victorinoxwatches.com



ORIS

Divers Sixty-Five

Multi-piece stainless steel case and black diamond-like carbon plated with aluminum minute scale top ring and anti-reflective sapphire crystal on both sides. Automatic movement with bi-directionally rotating red rotor. Water resistant to 100 metres. *RM6,600 oris.ch*



COLUMBIA

Descender
Equipped with a large dial opening featuring a date window, luminous hands, and luminous hour markers on bezel. The silicon strap ensures rugged durability in the outdoors and beyond. Water resistant to 50 metres.
RM249.10 crystaltime.com.sg

Cornerstone
Stainless steel case with matte finish. Encased within is a black dial embossed with large numerical indexes for the convenience of adventurers while reading the time on uneven and rugged roads. Water resistant to 50 metres.
RM514.10 crystaltime.com.sg



CERTINA
DS Action
Brushed stainless steel case with polished bezel and anti-reflective sapphire crystal on both sides. Swiss-made quartz movement. Water resistant to 300 metres.
RM2,000 certina.com

29 September 2015/ Monarchy MMA Bangsar



Participants getting together for one final photo



#MHCoverGuy15 winner Matthew Pyne doing laps

MH Refine & Define MMA Cross Training Workshop

The original *Men's Health Malaysia* Refine & Define Series made a comeback stronger than ever. Partnering with Under Armour, *Men's Health* and *Women's Health Malaysia* took over an "Earn Your Armour" workshop with a MMA cross-training session at Monarchy MMA, Bangsar. The first Refine & Define workshop for 2015 saw a fantastic turnout of over 40 *Men's Health* and *Women's Health* readers.

The workshop kicked off with the gym packed and everyone pumped-up for what's to come. Led by Bruninho Barbosa, the strength and condition training got everyone grunting and sweaty in no time. The fast-paced training included a series of exercises like burpees, lunges, pushups and bear crawls back to back – a workout that definitely got the heart pumping and blood flowing.

Even though everyone was thoroughly sweaty and tired by the end of the hour-long session, there was a definite air of accomplishment for having conquered the challenge. All readers walked away with awesome goodie bags and got the chance to fuel up with pre-packaged meals, courtesy of Huios Meal Prep.



Bruninho Barbosa demonstrating bear crawls



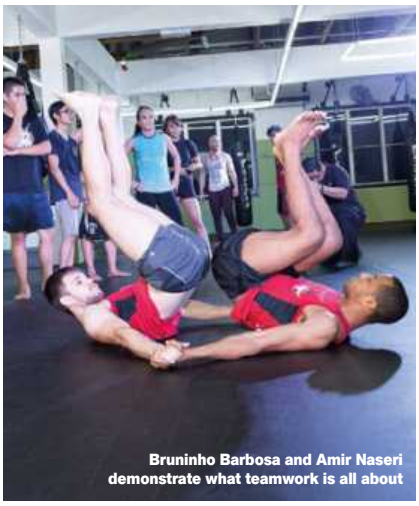
Synchronised push-ups, anyone?



Potential fighters walk the lunge



Amir Naseri explaining a complex move to John Ng



Bruninho Barbosa and Amir Naseri demonstrate what teamwork is all about

PHOTOGRAPH: UNDER ARMOUR



Nothing beats that feeling of accomplishment after an intense crossfit session with your friends


Eugene Phua and Sueann Chong with Nicholas Mak


It's all about teamwork when you're pulling sleds across the field!


The mad dash back to the starting point

MH Refine & Define Crossfit Workshop


The Fuel Athletics trainers set up the sleds



Always time for a photo in between exercises

The Earn Your Armour session with *Men's Health* and *Women's Health Malaysia* continued with a team challenge at Fuel Athletics. The evening event saw a turnout of 40 *Men's Health* and *Women's Health* readers, split into teams of three.

Each team was assigned challenges comprising various workout relays – including sled pushes and pulls, burpees and sprints – led by Under Armour brand ambassador Nicholas Mak. The activities were designed to push all participants to their limits; by the end of the sessions, everyone was thoroughly tired and sweaty! Nonetheless, all participants went home with a great feeling of accomplishment and an awesome goodie bag each, comprising Under Armour merchandise, and a copy of *Men's Health* and *Women's Health* magazines.

Powered by: UNDER ARMOUR

THE GREAT Men's Health® HOLIDAY GIVEAWAY!

It's that time of year when we want to give back to the people that matter most to us: you! We've got more than RM30,000 worth of prizes to be given away, including grooming products, fitness supplements, headphones, smartphones and an exotic holiday! Best of luck to all, and season's greetings from all of us in *Men's Health*!

VIVANTA
HOTELS & RESORTS
BY TAJ

Lenovo

PHILIPS

OLIMP®
SPORT NUTRITION

Jabra®

Men'sHealth

WIN A 3-DAY 2-NIGHT STAY FOR TWO AT VIVANTA BY TAJ IN GOA WORTH RM4,600!



Vivanta by Taj – Holiday Village in Goa is a charming village that flirts with the beach, featuring renewed cottages and villas, nouvelle restaurants, an island bar, and Jiva spa. It's situated in idyllic Goa, the palm-flecked shore of India's western coast, where the strains of the mandolin mingle with the gentle lapping of the Arabian Sea, and fringed by the pristine Sinquerim beach.

This world-famous resort is the perfect place to experience old-world Goa with a modern twist. Although the irresistible beaches of Baga and Calangute are close, the Goan-Portuguese architecture that marks the 142 cottages and villas of the hotel is a perfect place to relax in leisure, where the past engages the future to make a stylish present.

PRIZES:

One holiday at Vivanta by Taj – Holiday Village, Goa, for a two-night stay for two adults (including breakfast) worth RM4,600.

QUESTIONS:

1. Vivanta by Taj – Holiday Village, Goa, stretches along which beach?
2. What is the spa at Vivanta by Taj – Holiday Village called?
3. How many cottages and villas are there at Vivanta by Taj – Holiday Village?

CLOSING DATE: 31 DECEMBER 2015

HOW TO WIN?

VISIT OUR WEBSITE, **WWW.MENS-HEALTH.COM.MY**, TO ENTER AND WIN THE **3-DAY 2-NIGHT STAY FOR TWO AT VIVANTA BY TAJ - HOLIDAY VILLAGE, GOA WORTH RM4,600!**

VIVANTA
HOTELS & RESORTS
BY TAJ

TERMS & CONDITIONS: This promotion is open to all Malaysian residents • Employees of Mongoose Publishing Sdn Bhd, sponsors, their advertising agencies and immediate families are not eligible to enter the contest • Late, incomplete and unclear entries will not be entertained • The decision of the judges is final and no correspondence will be entertained • Prizes must be taken as provided and are neither transferable nor exchangeable for cash • Winners will be notified by post or email

Men'sHealth

WIN A LENOVO TABLET OR PHONE!



With a battery that can last eight hours without being plugged in, the **Lenovo TAB 2 A8-50** caters to those who want to stay connected or to juggle multiple needs using one powerful device. Powered by a MediaTek 64-bit Quad-Core processor, it also features a dual-SIM card slot for voice and LTE for data. The 8-inch tablet weighs just 360 grams and creates a moving audio experience (through your headphones) thanks to its inbuilt Dolby® Atmos™ technology. Shutterbugs will also enjoy its 5-megapixel rear camera and up to 32 GB of storage via a microSD card.

For something more pocket-sized, the **Lenovo VIBE P1m** is perfect for an always-on lifestyle. Its powerful MediaTek 64-bit Quad-Core processor and long-lasting 4000mAh battery boosts the experience of users who are big on life in the tech lane. And with its 5-inch HD touchscreen, videos, gaming and photos are even more vivid, no matter where your fast-paced journey brings you. To top it all off, the Lenovo VIBE P1m is also splash-proof thanks to its nano-coating technology.

PRIZES:
A Lenovo TAB 2 A8-50 (RM699) or Lenovo VIBE P1m (RM649)!

QUESTIONS:

1. The Lenovo TAB 2 A8-50 offers up to ____ GB in storage via a microSD card.
2. The Dolby® Atmos™ in the Lenovo TAB 2 A8-50 provides media junkies with a moving audio experience. True or False?
3. The Lenovo VIBE P1m is splash-proof via a _____-coating technology.
4. The Lenovo VIBE P1m has a long-lasting _____mAh battery.

CLOSING DATE: 31 DECEMBER 2015

HOW TO WIN?

VISIT OUR WEBSITE, **WWW.MENS-HEALTH.COM.MY**, TO ENTER AND WIN THE **LENOVO TAB 2 A8-50 (RM699) OR LENOVO VIBE P1M (RM649)!**

Lenovo

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Men'sHealth

WIN JABRA SPORT PACE WIRELESS EARBUDS WORTH RM399!



Jabra Sport earbuds have been developed for anyone who uses music to get more out of their fitness endeavors. The Jabra Sport Pace Wireless earbuds have trail-blazed the Sport Audio industry, by helping with your training management via their Jabra Sport Life app. It provides training statistics and tests while you listen to music. In addition, Jabra products are built in accordance with US-military standards of rain, shock, sand and dust-resistance. If you enjoy music as part of your training, the Jabra Sport Pace Wireless earbuds will help you keep your motivation high, so that you'll never wimp out on a workout. With a battery that can supply up to five hours of music or talk time, and with rapid 15-minute charging (one hour worth of power), the Jabra Sport Pace gives you even more motivation to hit your fitness goals for 2016!

PRIZES:
Two winners will each receive a pair of Jabra Sport Pace Wireless earbuds worth RM399!

QUESTIONS:

1. The Jabra Sport Pace Wireless earbuds help with your training management via the Jabra Sport Life app. True or false?

2. You can use Jabra Sport Pace for up to __ hours.

3. The Jabra Sport Pace Wireless earbuds are rain, shock, sand & _____ resistant.

CLOSING DATE: 31 DECEMBER 2015

HOW TO WIN?

VISIT OUR WEBSITE, **WWW.MENS-HEALTH.COM.MY**, TO ENTER AND WIN **JABRA SPORT PACE WIRELESS EARBUDS WORTH RM399 EACH!**

Jabra®

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WIN OLIMP-SUPPLEMENTS PRODUCTS WORTH RM1,000!



Whey Protein Complex 100% is an advanced solution for the supplementation of top-quality protein sources contributing to the growth and maintenance of muscle mass.

Gain Bolic 6000 is intended for those who have higher energy and protein demands, including recreational exercisers and high-performance athletes who strive for increasing their anabolic effect, physical performance and quick development of muscular mass and strength.

Creatine Monohydrate increases physical performance during short-term, high intensity, repeated exercise bouts.

ISO+ L-Carnitine and Glutamine enhances the absorption of water during physical exercise and can contribute to the maintenance of endurance performance.

Combo Set: (Anabolic Amino + BCAA) is designed for sportsmen who strive to develop muscular mass and who require increased demand of energy.

L-Glutamine supplies additional L-glutamine, in pure crystalline form, to the common food pattern.

PRIZES:

Five winners will each receive Olimp Supplements Products worth RM1,000!

QUESTIONS:

1. Creatine Monohydrate increases physical performance for high-intensity exercise bouts. True or False?

2. L-Glutamine supplies additional L-Glutamine in the pure _____ form.

3. Whey Protein Complex 100% contributes to the _____ & _____ of muscle mass.

CLOSING DATE: 31 DECEMBER 2015

HOW TO WIN?

VISIT OUR WEBSITE, **WWW.MENS-HEALTH.COM.MY**, TO ENTER AND WIN **OLIMP SUPPLEMENTS PRODUCTS WORTH RM1000!**

OLIMP® SPORT NUTRITION

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WIN A PHILIPS ELECTRIC SHAVER!



Being 100-percent waterproof, the **Philips Aquatouch S5420 Electric Shaver (RM489)** provides the everyday man with 45 minutes of cordless shaving, dry or wet. Its five-direction Flex Heads with five independent movements also allow for close skin contact, resulting in a faster and cleaner shave.

Then, there is the **Philips Smart Click Oil-Control Cleaning Brush Pro (RM149)**, which allows for longer lasting oil control, resulting in brighter and more radiant-looking skin. Its SmartClick feature allows it to be used along with the AquaTouch shaver simply by just clicking it.

For more info, please visit
www.philips.com.my/c-m-pe/face-shavers/aquatouch.html

PRIZES:
Nine winners will each receive a Philips Aquatouch S5420 Electric Shaver and Smart Click Oil-Control Cleaning Brush Pro (worth RM638).

QUESTIONS:

1. Philips Aquatouch Electric Shaver allows a ____ and Dry Shave.
2. The Philips Aquatouch S5420 Shaver has five-direction Flex Heads with five independent movements. True or false?
3. The Philips Aquatouch S5420 provides your skin with ____ x better protection in comparison to a regular blade.

CLOSING DATE: 31 DECEMBER 2015

HOW TO WIN?

VISIT OUR WEBSITE, **WWW.MENS-HEALTH.COM.MY**, TO ENTER AND WIN THE **PHILIPS AQUATOUCH S5420 ELECTRIC SHAVER (RM489) & PHILIPS SMART CLICK OIL-CONTROL CLEANING BRUSH PRO (RM149)!**

PHILIPS

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WEEKNIGHT PROJECT

Roll the Ultimate Burrito

THAT'S A WRAP!

THE APPARENT SIMPLICITY OF THIS TORTILLA-BASED delight has also been its downfall, says Jesse Perez, culinary director of Oxido in New York City. Yes, it's genius to toss a ton of tasty ingredients into one big, edible wrapper. But unless you pay careful attention to the architecture of your burrito, your Tex-Mex masterpiece may morph into a drippy log with uneven flavor. Stop the sadness and recover your kitchen cred by following Perez's three principles for DIY deliciousness. —PAUL KITA



1

Gather the Fillings

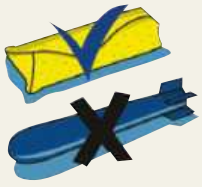
You don't want your burrito to be too stuffed to seal, so set out these amounts before you begin: half a cup each of rice, beans, and meat; plus two tablespoons each of your favorite cheese or other add-ins (up to six total). Now heat the tortilla on medium on a lightly oiled griddle or in a cast-iron skillet until pliable, for about 10 seconds per side. This will make it less likely to crack when you fill it.



2

Balance the Build

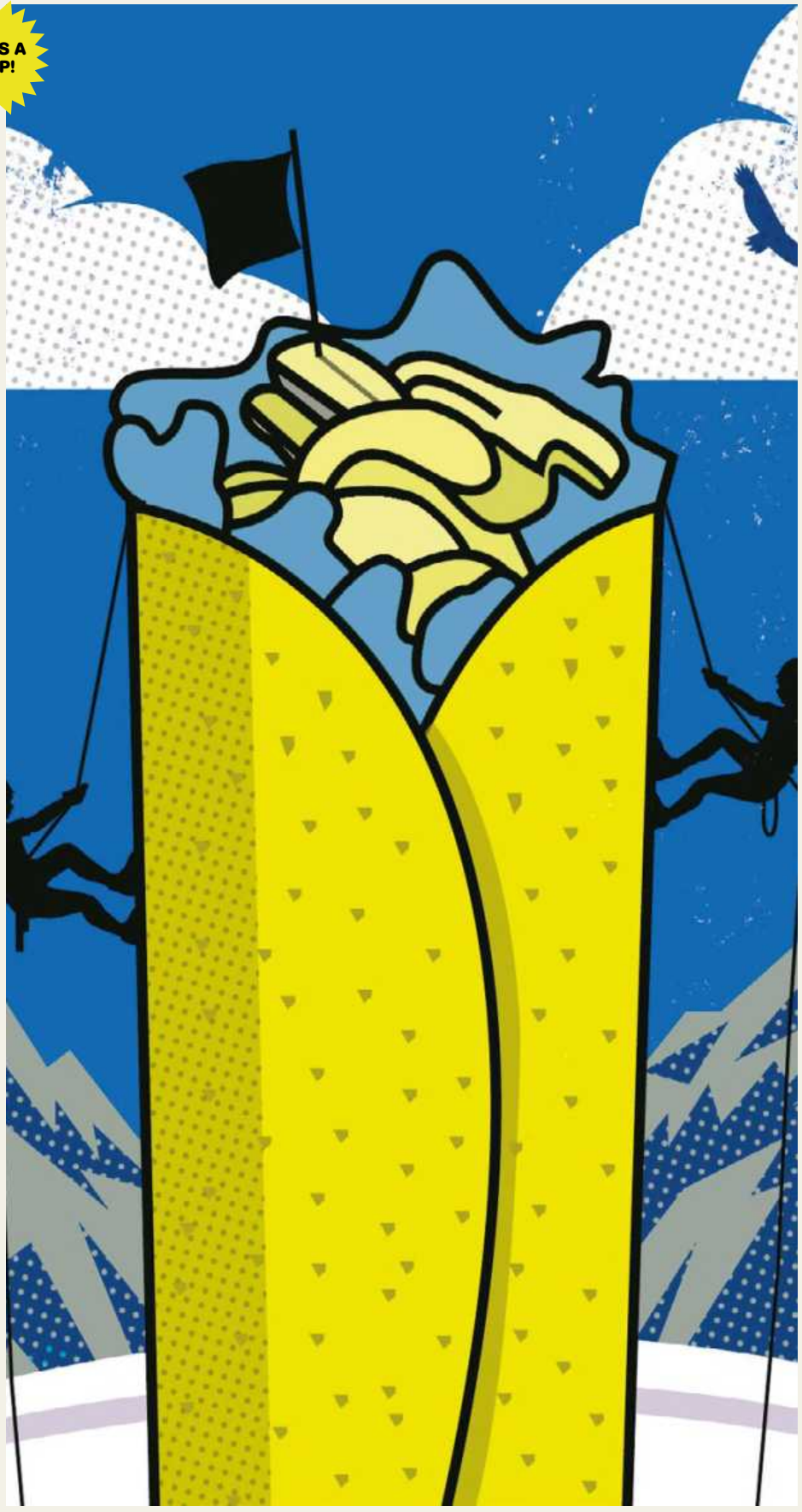
Piling fillings in a tower may look fine on Instagram, but it'll taste lousy in your mouth. Rolled up, the fillings will be unevenly distributed, resulting in the dreaded All-Bean Bite. Work from the bottom up to make horizontal lines of ingredients that fall within 5cm of the perimeter. Lay them out in this order: rice, beans, meat, lettuce, cheese, salsa, corn, sour cream, and/or guacamole.



3

Pack it Up

Fold the tortilla's top edge down over the fillings; then bring the bottom edge up and over the top. Holding everything secure, fold the left edge over the seam and tuck it into your far line of sour cream or guacamole to help glue everything together. Then fold the right edge over so it looks like a brick, not a torpedo. And it won't explode on you like a torpedo either.



PHOTOGRAPH RELAXIMAGES/ALAMY

デザイナーズ チョイス

AKEMIUCHI

Bed Linen • Soft Furnishing • Bath • Draperies • Rugs & Mats

STYLISH **SENTRIO**

Akemi Uchi Prominent Sentrio infuses your bedroom with the bold and captivating pattern, bringing out the expression of style and individuality to a room. The dramatic combination of brown and red color is a great addition to make a bold statement. Made of 100% cotton sateen, this bed linen lets you indulge in its softness and smoothness. Get inspired while cosy up all night long in pure comfort and luxury with it.



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Setapak Central 03-41319907
Hartamas Shopping Centre 03-62114948
Paradigm Mall 03-78867932
Bangsar Shopping Centre 03-20117790
Lot 10 Shopping Centre 018-5990740
Suria KLCC 03-21816318
Cheras Sentral 03-89589950
Nu Sentral 03-22760602
Mitsui Outlet Park 03-86602823
Queensbay Mall 04-6t442492
Tesco Tanjung Pinang 04-8992258
Gurney Paragon Mall 04-2189149
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Dataran Pahlawan 06-2817518
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